

THE JOY SERIES

The Joy Series

What does joy look like?

Philippians 4:4–9

We all want joy! But sometimes, for whatever reason, joy can be hard to come by. Whether you find yourself regularly inclined to anxiety, sadness, or depression or you're in a dark season currently, joy can feel elusive. It's even more difficult when the Bible talks so much about joy. How can Christians lack joy?! We're supposed to be the most joyful people on planet earth! The reality is life can be hard and joy can be hard to find. But joy is real. So, what is joy? How do we practice it? What does it look like? What's the point of joy?

We've defined joy and discussed how to practice it. Now it's time to think about what joy looks like. How do we even know what joy looks like?

- As you reflect on the message, what stood out to you? What is something you are still thinking about?
- What is something from the message that challenged you? How are you wrestling with that challenge?
- What question(s) do you have from the message?
- What is at least one practical takeaway from the message?

Philippians 4:4–9

4 Rejoice in the Lord always; again I will say, rejoice. **5** Let your reasonableness be known to everyone. The Lord is at hand; **6** do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. **7** And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. **9** What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

- If you're looking for joy, what are you looking for? What characteristics are you looking for? What does Joy look like?
- Where are you looking for joy? What are good places and potential bad places to look for joy?
- How was Paul a good example of joy to imitate? Consider Philippians as well as the rest of his life and letters.
- Why do you think we learn best by imitating others?
- Paul tells the Philippians to “practice these things,” referring to the things they had learned, received, heard, and seen from Paul.” How does “practice,” actually imitating the things we hear and see, change us?
- In what ways can you be an example of joy for someone to follow right now?
- How can God's grace work through your example of joy to help someone become more joyful?
- Pastor Dustin began his sermon with a simple prayer. Close your time together praying this prayer of joy together out loud.

Father, we thank you for the examples of joy that you provide us, both in Scripture and in life.

Give us wisdom to look for joy in the right places and the right people.

May your Holy Spirit give us the ability to become and be an example of joy for others to imitate.

In the name of Jesus Christ we pray. Amen