

WHEN AND WHERE TO REJOICE

Philippians 4:4-5

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The questions below are designed to be used by Saylorville Church Cell Groups as they meet during the week following the Sunday morning message at Saylorville. The intent is not for groups to answer every question, but for leaders to use the questions as a guide as they tailor the discussion to the unique needs of their group. The Sunday message and these questions can be found each week at www.saylorvillechurch.com/sermons.

CONNECT WITH YOUR GROUP (10-15 MINUTES)

- What are some things that make you happy? Complete this sentence: "I'm really happy when..."
- How would you explain the difference between happiness and joy?

APPLY THE BIBLE (45-60 MINUTES)

- **Remember** what you talked about last time. Is there anything you need to **follow up** on this week?
- **Review** the notes you took on Sunday. What is **one thing** that sticks out to you about what you heard?
- **Read** Philippians 4:4-5. In his message, Pastor Brad reminded us of **three essential commands**.

1. Rejoice ("Rejoice in the Lord always" - Phil 4:4)

- a. The Apostle Paul highlights joy several times in this letter (See 1:4; 1:18; 2:2; 2:17-18; 3:1). If Paul were writing to Saylorville Church today, do you think he would write about joy as much? Why or why not?
- b. According to one author, to rejoice is to have a "supernatural delight in the person of God (who He is) and the purposes of God (what He is doing)."
 - a. What part of that definition encourages you? Why is that?
 - b. What part of that definition challenges you? Why do you think that challenges you?
- c. The source of true joy is Jesus. Think back over the last two weeks. Talk to your group about where you looked for joy.

2. Rejoice ("Rejoice in the Lord always; again I will say, Rejoice." - Phil 4:4)

- a. Rejoicing always means having joy even in the tough times. Read James 1:2-4 and talk about the results of thinking biblically about trials. Have you seen examples of this in your own life?
- b. Your circumstances may change, but your God doesn't. What are you going through right now where you may be tempted to trust your circumstances, and not the Lord?
- c. How does it change your perspective to know that God is allowing this circumstance in your life?

3. Be Gentle ("Let your reasonableness be known to everyone. The Lord is at hand." - Phil 4:5)

- a. Gentleness is the relational quality that joy produces. Would you consider yourself to be a gentle person? What might this tell you about the amount of joy in your life?
- b. If you're a Christian, how often do you think about Jesus being near to you? Are there times when you think about it more than other times?
- c. How should the one-day return of Jesus bring us joy today?

ASK SOMEONE IN YOUR GROUP

- Am I a truly joyful person?
- Is it obvious to those around me?

MEMORIZE FOR NEXT TIME

- *Philippians 4:4-5 - "Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand."*

