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Valley Church

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Week 4 - All Things Through Christ

Introduction:

Philippians 4:13

I can do all things through Him who gives me strength.

Anxiety: Some Common Triggers...

1. _____
2. _____
3. _____

➤ 2 Corinthians 11:23-29

Philippians 4:4-9 – The Background

The Laboratory of Life: Praying the Scripture...

4 Rejoice in the Lord always. I will say it again: Rejoice!

5 Let your gentleness be evident to all. The Lord is near.

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

QUESTIONS FOR LIFE GROUPS AND PERSONAL REFLECTIONS

Personal Life:

1. It is powerful to consider that Paul wrote a letter about joy in the midst of a horrific season of his life. In your view, what are some of the most common "joy-robbers" in our world today? Discuss...

Ponderings:

2. If you had to describe the differences and similarities between happiness and joy, how would you go about it? Can you share about a time in your life when you experienced joy in the midst of difficulty?

3. Read through Philippians 4:4-13 again as a group and discuss the following thoughts and questions...

* If you had to pick one verse or sentence that leaps off the page at you at this moment in life, which would it be and why?

* Are there any of the three "Anxiety Triggers" at work in your life right now? *Crisis, criticism or consequences*? Share with your group what God is teaching you through those triggers.

* The phrase "Rejoice in the Lord always" is a bold statement. How is it possible to choose joy in the darkest, lowest times of life? What have you learned on the battlefield of life with regard to this choosing? Discuss...

* We are told in verse 8 to "think about such things" as whatever is true, noble, right, pure, lovely, admirable, excellent or praiseworthy. This ties into something we emphasize a lot here at Valley, which is the renewal of our minds. Why is it so critical to "set our minds" on these things as opposed to entertaining the lies being fed to us from all around.

Promptings:

4. Try to identify one major area in which you've had difficulty choosing to rejoice. Share that with your group to the extent that you are able, and pray for each other in those areas...that this would be a week of choosing joy, even when a circumstance isn't "happy."