



Joy Rules 4 – A Resilient Spirit Discussion & Reflection Guide

Message & Scripture Discussion

- Have you been doing the Joy Rules text message devotions? If you have, **what has stood out to you from reflecting on the book of Philippians and the theme of joy so far?**
- **To get into today's message theme, consider where you would place yourself on a scale of 1 to 10...1 being "my life feels as light as a feather...easy & simple" and 10 being "my life feels as heavy as a log on my chest...hopeless & stuck."**
- **What stood out to you from Sunday's service?** How did you sense God at work in you through the songs, the message, and being together with others as part of the church? (The message's main points and scripture are listed below if it helps you think back.)
- Eddie based Sunday's message on apostle Paul's instruction in Philippians 4:4-7. **Take a moment to re-read those verses. Did anything catch your heart as you read them?**
- Setbacks in life create anxiety, but having "joy in the Lord" is more than possible. Paul was exemplary with that realization. **Have you met people with a deep joy that overcomes setbacks in their life? What impresses you most about their joy despite their situation?**
- Eddie asked us a question: "How resilient is YOUR joy?" **How would you answer that in light of the worrisome things you're dealing with today?**
- Apostle Paul wrote in Philippians 4:6, "Don't be anxious about anything." **What seemingly inescapable anxiety do you have today that's trying to mute your joy?**
- Some have suggested that the #1 mental health disorder today is anxiety, despite one's age. **What can we learn from Paul's life about how he dealt with his own anxiety?**
- Eddie acknowledged that some personalities are more resistant to worry, while other personalities are predisposed to it. **Which of those two do you mostly identify with?**
- **Is there a character in "Winnie the Pooh" you resonate more with than the others?**
- Eddie made the point to "cancel your anxiety and claim your joy." **Have you had successful seasons in life when you've been able to cancel anxiety and claim joy?**
- Prayer is essential when we're anxious. Paul wrote in Philippians 4:7 that we will experience peace that will guard our hearts and minds in Christ Jesus. **Ask Jesus to search your heart to highlight your worries...and then, expect his peace to guard you and begin to dissolve your worry.**
- **Is there anything else from the message you want to explore more deeply this week?**

We hope you'll use this guide to take the teaching from Sunday's service and reflect on it with a few friends or with a group. If you have questions or want to talk more about how to take your next spiritual step, contact us at info@wschurch.org.

JOY RULES Series

Visit wschurch.org/joyrules to sign up for daily text devotionals during this series and to find many supplemental resources for this series.

Message Main Points & Scripture

- **A prevailing spirit of joy**
- Philippians 4:4-7 – “Always be full of joy in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”
- Philippians 4:9 – “Keep putting into practice all you learned and received from me – everything you heard from me and saw me doing. Then the God of peace will be with you.”
- **How resilient is my joy?**
- **There are degrees of worry and anxiety.**
- Ephesians 4:31 – “Get rid of all bitterness, rage, anger...”
- **Some personalities are more anxious than others.**
- **Some personalities are resistant to worry – and some are predisposed to it.**
- **We tend to worry about different things.**
- **Even when our concerns are valid, our worry is not.**
- **Cancel your anxiety and claim your joy.**
- **In your difficulties, turn to God first.**
- Philippians 4:6 – “Don’t worry about anything. Instead, pray about everything. Tell God what you need, and thank him for all he has done.”
- **Bring to God EVERYTHING.**
- Philippians 4:7 – “THEN you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”
- **Shift your focus from yourself to God.**
- Matthew 6:33 – “SEEK THE KINGDOM OF GOD ABOVE ALL ELSE, and live righteously, and he will give you everything you need.”