



Joy Rules 6 – A Satisfied Soul 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?**
- **What is one of the most memorable gifts you've ever received? What made it so significant?**
- **What stood out to you from Sunday's service?** How did you sense God at work in you through the songs, the story video, 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.)
- Chip opened his message with the observation that “we have more than any generation of human beings that has ever lived—and so you'd think, we'd be the most contented, joy-filled people who have ever lived.” And yet, we know that's not the case. **Do you ever expect having more to lead to contentment and joy? When do you notice this in yourself and where do you think it comes from?**
- **Read Philippians 4:10-19.** Read it slowly several times and from several different translations. Consider listening to someone read it. **What stands out to you as you spend time with these verses?**
- Chip shared that we must learn to be content and that it can only be experienced in the present moment.
 - **Have you ever had to learn contentment? How did you learn?**
 - **Is there anything or a situation where you are expecting to have future contentment?**
- **How do you distinguish your wants from your needs? What do you most deeply need?**
- Chip compared our needs to a cup. The bigger the cup, the more it takes to fill and pour out. A smaller cup is quicker to fill up and quicker to overflow. **What would it look like practically for you to NEED LESS?**
- Philippians 4:13 is a very frequently quoted verse. Chip shared, “Christ enables us to accomplish the outcomes he desires.” **How does this help you understand and apply this verse?**
- **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 for daily text devotionals during this series and to find many supplemental resources for this series.

Message Main Points & Scripture

- Philippians 4:11 – “I have learned how to be content with whatever I have.”
- **Start learning contentment right now.**
- **Contentment isn’t something in your future. It’s only a thing in your present.**
- Philippians 4:10-11 – “How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn’t have the chance to help me. Not that I was ever in need, for I have learned how to be content with whatever I have.”
- Philippians 4:18 – “...At the moment I have all I need—and more! I am generously supplied with the gifts you sent me with Epaphroditus. They are a sweet-smelling sacrifice that is acceptable and pleasing to God.”
- Philippians 4:11 – “Not that I was ever in need...”
- Philippians 4:11-12 – “Not that I was ever in need, for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.”
- **Need less.**
- **When we need less, we’re quicker to give more.**
- **When we need less, we’re quicker to thank more.**
- **Eliminate comparison**
- **Eliminate addictions**
- **Stop adding more**
- Philippians 4:12-13 – “I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength.”
- **Christian contentment sees Jesus as the one who provides what’s needed.**
- ***How exactly does Christ strengthen me?***
- **Christ enables us to accomplish the outcomes he desires.**
- **Our job is simply to empty our cups.**