

Rejoice Always

Series: Fruit of the Spirit

August 16, 2015

INTRODUCTION

The Apostle Paul lists the Fruit of the Spirit in Galatians 5:22-23 – “*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*” Today, we’re going to be looking at the quality of joy from a familiar passage in Philippians.

DISCUSSION QUESTIONS

1. What are some of the things that make you happy? Conversely, what are some things that don’t make you happy?
2. Do you think there’s a difference between happiness and joy? If so, what are the differences? How would you define and describe each one?
3. Read the account of Paul’s journey to the city of Philippi in Acts 16:6-15. What prompted Paul to go to this uncharted region? What happened upon his arrival to this city?
4. Read Acts 16:16-34. What happened to Paul and Silas? What came about as a result of their imprisonment?
5. Read Philippians 4:4-9. Based on what you read in Acts 16, do you feel that Paul’s words have greater credibility? Why or why not?
6. Why do you think it’s so difficult for us to rejoice always? What are some things that tend to suffocate and rob our joy? What are some things that make us anxious? What do you think is at the root of our anxiety?
7. Has there ever been a time when you were at peace even though circumstances around you were negative? Please share with the group.

CONCLUSION

Joy is a decision that we must make every single day – to say that we will rejoice, not in our circumstances, not in what we have or don’t have, and not in what happens to us that day, but that our joy is found *in the Lord*. It says in Psalm 118:24 that “*This is the day that the LORD has made; let us rejoice and be glad in it.*” Notice that it doesn’t say, “*Yesterday was the day that the LORD made... Now, that was a really good day.*” Nor does it say, “*Tomorrow is the day that the LORD will make, and we’ll rejoice when it gets here.*” It says that *this is the day*, and that we have the choice *today* to rejoice in it.

“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.” – Philippians 4:4-7