

On a normal day, what things do you tend to think about? Are these the kind of things that Paul tells us that we should be thinking about?

What could you do practically to help you to 'Rejoice in the Lord, always'?

## **PRAY**

Pray for each other that we would bring all our worries to God in prayer, and that God would give us peace and help us to be joyful Christians.

## **LEARN**

**"Rejoice in the Lord always. I will say it again: Rejoice!"** (Philippians 4:4)

# **Be Rejoicing**

(Philippians 4:2-9)

Use this space to make notes from the talk.

## EXPLORE

What are some of the things that make you joyful?

In Philippians 4:2-9, Paul writes that Christians should be joyful people, in other words that we 'Be rejoicing'!

### Read Philippians 4:2-9

What are some of the things that Paul highlights that stop people from being joyful? (v2-3, 6)

What does Paul say we are to do if we have a disagreement with another Christian? (v2)

What does Paul say we are to do when we are anxious? (v6)

Why will talking to God about your worries help you to be joyful?

What (or who) are we to rejoice in? (v4)

List some of the things about 'The Lord' that should make us rejoice?

What other instructions does Paul give that will help the Philippian Christians to be joyful? (v8-9)

## TALK BACK

What are the things that people worry about the most? What do you worry about the most?

What affect does worry have on you? Is God the first person you turn to when you are worried about something?