



## Joyful Thoughts (week 4)

Presenter: Matt Shires

Text: Philippians 4:8-9

**Focus:** Your ability to be joyful, even in difficult circumstances, is a battle that begins long before your circumstances actually become difficult.

*I. Realize you're in a \_\_\_\_\_.*

*II. Set your \_\_\_\_\_.*

*III. \_\_\_\_\_ what you've learned.*

*IV. Keep your tank \_\_\_\_\_.*

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Small Group Discussion

Watch "The DNA of Joy" with Greg Surratt on RightNow MEDIA

Session 4: <https://www.rightnowmedia.org/Content/Series/905#4>.

If you would like access to the RightNow Media library, email [office@vchristianchurch.net](mailto:office@vchristianchurch.net) and request it.

1. In your life, what are some ways that you are planning or preparing for possible future events or circumstances? Are there things that you try to put in place as preparation or safeguards to help minimize the impact of challenging circumstances that might arise? (Things like retirement savings, bulk food storage, extra blankets or water in your car when you travel, etc.)
2. Read Philippians 3:1. What is the instruction that Paul gives in this verse? What reason does he give for sharing those particular instructions?
3. How would Paul's instruction to "rejoice in the Lord" function as a "safeguard"? Why would the people in Philippi need a safeguard? What is the safeguard to protect from? (You can look back at chapter 2, or forward in chapter 3 for a few ideas.)
4. If you are in the habit of 'rejoicing in the Lord', how might that impact you the next time life throws a curveball? Or the next time you are faced with difficult circumstances?
5. Out of the 4 points from the message on Sunday, which do you struggle with the most?
6. In the internal battle happening in you today, what are some of the ways that you can be actively fighting for joy? What specific ways could you be focusing more, practicing joy, and reminding yourself that you belong to God and he is our refuge and our safety and source of joy?