



ACTIONS + ATTITUDES  
THAT MAKE YOU MORE  
THAN HAPPY!

## LESSON 4 // HOLD ON

**Big Idea:** One of the keys to joy for us as believers is to “hold firmly to the word of life” (Philippians 2:16)—the Word of God. We do this by trusting, learning, loving and living out the truth the Lord has revealed to us in the Bible.

**Philippians 2:14-18 (NIV)** *Do everything without grumbling or arguing,<sup>15</sup> so that you may become blameless and pure, “children of God without fault in a warped and crooked generation.” Then you will shine among them like stars in the sky<sup>16</sup> as you hold firmly to the word of life. And then I will be able to boast on the day of Christ that I did not run or labor in vain.<sup>17</sup> But even if I am being poured out like a drink offering on the sacrifice and service coming from your faith, I am glad and rejoice with all of you.<sup>18</sup> So you too should be glad and rejoice with me.*

**Nehemiah 8:12 (NLT)** *So the people went away to eat and drink at a festive meal, to share gifts of food, and to celebrate with great joy because they had heard God’s words and understood them.*

**Joshua 1:8 (NIV)** *Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.*

**Psalms 119:47-48 (NIV)** *For I delight in your commands because I love them.<sup>48</sup> I reach out for your commands, which I love, that I may meditate on your decrees.*

**James 1:22 (NLT)** *But don’t just listen to God’s word. You must do what it says. Otherwise, you are only fooling yourselves.*

### Start Talking:

Is reading the Bible more of a delight or a duty for you? Why do you think this is the case?

### Start Thinking:

**Read Philippians 2:14-18.** What are some practical ways to live Paul describes in these verses that can help you experience more joy?

**Read Nehemiah 8:11-12 and Joshua 1:8.** How can reading, hearing, understanding and meditating on God’s Word fuel joy in your life?

**Read Psalm 119:47-48.** How can you develop a greater appetite and love for God’s Word?

**Read James 1:22.** Why is obedience to God’s Word so important if you want joy that lasts?

### Start Praying and Doing:

As you read your Bible this week, take time to ask a simple question: “What is God asking me to *do* with this word?” Look for practical ways to “do what it says” in the Scriptures.

Write out some observations about what you learn through this, how it impacts your joy and how it can help you walk in greater obedience to the Lord going forward.