

## To Rejoice is a Choice Discussion Questions

Philippians 4:4-9

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1. What do you think it means to be joyful always? How successful are you at doing this? Why do you feel you are successful or not?
2. Why is it important to realize that joy comes from God and is not based on our circumstances or happiness? What is the difference between joy and happiness?
3. How can we rejoice when we don't feel like rejoicing? Why is it important to do it anyway?
4. What are some things you are worried about? Why are you worrying about them? What good comes from worrying about these things? If nothing good comes from worrying about them, why worry?
5. How does worrying about things show that we aren't trusting God to take care of our problems? What is causing this lack of trust? What do we do when we trust someone to take care of something?
6. What responsibilities have you taken on that God never intended for you to have? How can you let go of these responsibilities and let God have them back?
7. How have you seen worry affect a person? How does worry affect us spiritually?
8. What should we do if we are worried about something? How does this help us?
9. How does worshipping God help us to deal with our problems? How does focusing on God's attributes put our problems into proper perspective?
10. What do you need to ask God to help you with today?
11. What has God already done for you today that you are thankful for?
12. What kind of things do you spend most of your time thinking about? Are these positive things or negative things? Do you need to change what you think about? If so, what could you spend more time thinking about to replace the negative things?
13. Take time to evaluate the things you watch, listen to, read, etc. according to verse 8? Do these things fit in with this verse or are there things you need to change? Are there things that are good but there is something that is better to replace them with?
14. How have you experienced the peace of God? How would you describe it?