

## “Joy In The Everyday: Prologue”

Growth Group Guide

April 12, 2026

### WELCOME *(Connecting with each other)*

The Greek noun for joy is “chara” which means gladness or calm delight. In the book of Philippians, Paul uses it 5 times. Using this definition, do you think joy is possible EVERY day? If so, for whom and why? If not, why not? After our series on Be Still, what strikes you about the definition of joy being “calm delight?”

### WORSHIP THROUGH PRAYER *(Connecting with God)*

Open in prayer inviting the Spirit to grow you in everyday joy. Praise the Lord that God has made everyday joy possible for us IN Jesus through His wonderful grace.

John 1:16 (ESV)

“For from his fullness we have all received, grace upon grace.”

“Fairest Lord Jesus! You alone are my hearts’ desire...my chief delight...my soul’s glory, JOY, and crown. Every advantage life can offer is like rubbish, compared with the overwhelming gain of knowing you. You are worthy, Lord—worthy to be thanked and praised and worshiped and adored.” (Myers, Ruth. Myers, Warren. 31 Days of Praise. Day 2. Kindle.)

### WORD *(Letting God speak to us)*

1. When Paul writes the letter to the Philippian church, he is on house arrest, chained to a soldier 24/7, has Christians who don’t like him, all his resources are paying for his needs in prison, and he’s waiting to see if he’ll be sentenced to death. **Read 2 Corinthians 11:23-27 ESV.** Based on these verses, what excuses could Paul make to not have joy? Have any of these excuses, or joy robbers, tripped you up? Discuss other joy robbers we might have today.
2. **Read Philippians 1:1-2 ESV.** Based on the sermon and our One Big Idea, why is it helpful that Timothy is with Paul? How does this help you think about how we are able to share joy with one another?
3. Paul and Timothy are servants of Christ Jesus. Not servants by force, but servants by choice, bond-servants. How do we typically view being a servant of Jesus? If the view is drudgery, does switching from forced to willing service change the view to one of joy? Discuss.
4. Paul refers to the Christians in Philippi as “the saints in Christ Jesus who are at Philippi.” This is different from how we generally refer to ourselves as forgiven sinners. What’s different between these two? Why is it important for us to shift our thinking to Paul’s? How does this shift, help us experience joy.
5. Why do you think Paul said specifically in Jesus and at Philippi? There is a difference between being IN Jesus and AT a location. How does differentiating between them impact our ability to have joy?

6. **Read Acts 16:6-15.** In these events, it’s clear Paul knows God has things in hand, and he’s being guided by the Holy Spirit. With that in mind, should the events that unfold surprise us? Why or why not? How would things have been different if Paul had done his own thing?
7. **Back to Philippians 1:2.** Between the lines we see that Paul is showing us that grace [empowerment to help with every need] and peace [a rest in difficult times of life] can be shared through prayer and gratitude for each other. Think about Paul giving you this greeting. How does it give your heart joy?
8. This letter is a Thank You letter, not corrective. Have you written Thank Your and/or corrective letters? Discuss the differences and purpose in each type of letter. As saints IN Jesus, discuss how each type might be written with joy, grace, and peace? How does this encourage our growth as saints who live IN Jesus?
9. We are apt to think Paul was able to have joy because he was an Apostle. Where does the fault lie in that idea? Why does it cause us to miss out on the fullness of joy God wants for us?
10. **Read Romans 8:28.** How does this give us hope that joy will be possible in our lives no matter what? What are we to trust in that gives us this hope?

### WALK *(Living out God’s purposes)*

- ✓ **One Big Idea: Joy is found on our own and with others in Christ, and is supported by knowing God has everything in hand and by letting the Holy Spirit guide us.** Joy is for every Christian! We all have the exact same joy source...Jesus. Talk to God about anything you are discovering is, or has become, a joy robber in your life (a person(s), circumstance(s), thing(s), a faulty identity, faulty views of serving Jesus, looking in the wrong place, etc.). Give them to God to deal with, trust the Holy Spirit to guide you through life so you can focus on the joy you have IN Jesus, and see it at work in others.
- ✓ Share your joy with others this week. Maybe by spending time with someone who is like a Paul or Timothy to you, by praying Philippians 1:2 for someone, or by writing a Thank You note. Be creative!

### WORLD *(Embracing God’s heart for others)*

Evergreen Network recently held their Annual Lead Couples Retreat. “Spending time with these church planting leaders in sunny San Diego is the highlight of the Evergreen Network calendar. Each of these couples serves their people and their communities in the PNW with tireless effort, humble sacrifice, and a clear call to serve God. Getting away together provides space to reconnect with their spouses and each other, reflect, relax, pray, and laugh. How can you help? Thank God for each of the amazing couples stepping out in faith to start new churches in the PNW. Pray for their marriages and children and for longevity. Ask God to continue using their collective efforts to expand His Kingdom in our region.” (March 2026 Newsletter.)

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