

# ***“Joy In The Everyday: Changed From Within”***

**Growth Group Guide**

**April 19, 2026**

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

In the sermon, we learned that Paul mentions joy, rejoicing, and gladness 19 times in the letter to the Philippians. He mentions Jesus 41 times! Our relationship with Jesus is what brings joy. How is this true for you? What do you hope to receive from studying Philippians, the “Letter of joy?”

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

Open in prayer inviting the Spirit to be a part of your conversation on joy coming from within as God changes us inside. Celebrate that God takes great joy in us and will complete His joyful work in us IN Christ.

Zephaniah 3:14-15a, 17 (ESV). Sing aloud, O daughter of Zion, shout, O Israel! Rejoice and exult with all your heart, O daughter of Jerusalem! The LORD has taken away the judgements against you...The LORD your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love.

Philippians 1:6 (ESV). And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.

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

1. **Read Philippians 1:3-6.** On this first pass through these verses, what words or phrases jump out to you? Why do they stand out?
2. **Read Philippians 1:3.** In remembering the Philippians, Paul remembered certain qualities about them that lead Him to thank God. When you think of other Christians you know, what causes you to thank God for them, what qualities do they possess? How do they cause you to want to grow in these qualities as well?
3. Paul gives his thanks to “my God” showing his personal relationship with the God he’s thanking. Why do you think this is important? How might Paul’s thankfulness be different if God was impersonal to him?
4. **Read Philippians 1:4.** Paul’s thankfulness moves him to prayer, and not just any kind of prayer, but prayers with joy. What sort of things do you think he might have been praying for (consider all areas of life: spirit/spiritual, soul/thinking, feeling choosing, body/physical).
5. Based on the above question, when we look at prayer requests for ourselves and others, how might our prayer lives grow more depth?
6. **Read Philippians 1:5.** This church was radically changed by the message of Jesus. It was this change that made them great partners with Paul in seeing the gospel message spread. What sort of changes do you imagine happened in their lives? How could these same changes in us help us partner in the gospel spreading in our community and beyond?

7. The partnership they shared included the commonality of what they shared in Christ. What sort of things do we share in Christ that bring us together and move us in the direction of following Jesus together?
8. **Read Philippians 1:6.** Paul says he is convinced and confident that God began a good work in the Philippians and will see it to its completion. He would write the same thing to us as well. What is God working to complete in us (consider all levels: spirit, soul, and body)?
9. God does His good work in us from the inside out. He works from our spirit, through our soul, and out through our body. Pick an issue you know God wants all of us to grow in. Discuss how He addresses it in our spirit, which changes our soul, and is acted out through our body.
10. Paul says God is the one working within us, but He doesn’t work by force, making us do what He demands. He works as we willingly make a choice within our soul to cooperate with His work, which is for our best. Is this different than maybe how you saw Him working within you before? How does cooperating with Him in your growth give you a different picture? How does this picture of God working in your life become a source of joy?

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

- ✓ **One Big Idea: Our joy, thankfulness, prayer, and desire to share Jesus come because of God changing us from the inside out.** Internal change is very personal. Letting God touch those very personal areas can be hard or painful, but it brings joy beyond anything we’ve known before. Deep joy. Abiding joy. It’s worth it. Let God be God and complete His work inside you. Review questions #9 and #10. Map out in your mind what these truths mean for you today. Talk to God about it, get specific, and ask Him to teach you to see inner change as a joyful process of cooperation and love, which is whole-life altering, bringing visible outward expressions of His joyful, work in you. The people around you will know Jesus because of you!

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

THIS WEEK: America Reads the Bible, April 18-25, leaders from all spheres of influence will gather for a continuous reading of the entire Bible in our nation’s capital ahead of our 250th anniversary. This will be a monumental week as over 100+ national ministries and over 450+ of our national leaders will read the Bible aloud from Genesis to Revelation over the next seven days. This will be a once in a lifetime moment for the nation and the Body of Christ. It will be a sacred opportunity to call our nation back to its spiritual foundations. One week. One Nation. One Book.

If you’re interested in viewing some or all of this remarkable gathering, see [americareadsthebible.com](http://americareadsthebible.com), and also check out the theme song by Phil King, “Heal Our Land.” Consider praying and fasting this week for our nation as you are led and for God’s “kingdom come, His will be done, on earth as it is in Heaven.” (from [AmericaReadstheBible.com](http://AmericaReadstheBible.com))

*[Copies of this Guide are available at <https://thurston.church/resources>]*