



Small Group Questions

Philippians 4.1-9

Which of the 7 reflexes listed in these verses is most helpful to you at this time of life?

What does it mean to rejoice in the Lord (Phil. 4.4)?

Why is it so important that we develop the "joy reflex"?

What are some ways you've learned to practice the "joy reflex"?

What do you learn about practicing JOY from the words of Jesus in John 15.9-12?