



– The Shocking Secret Joyful People Learn –

Ice-Breaker:

- Share a time in your life when you were truly happy. What were the circumstances surrounding that time in your life?

Discussion:

1. Do you know someone that is, “annoyingly joyful?” Why do you think they are so joyful? Why do you think you see their joy as annoying?

Read Philippians 4:4

2. Paul tells the church in Philippi to rejoice always! Do you think that is a realistic goal? What would it take to be able to “Rejoice in the Lord always?”

Read Philippians 2:2-8

3. Paul says to do nothing out of selfish ambition. The problem is many of the things we do are out of selfishness. What is one area you tend to struggle with selfishness? What can you do this week to put others first in this area?

ELEVATING OTHERS ELEVATES JOY

4. How have you seen this in principle at play in your life?
5. Romans 12:10 puts it this way... “Outdo one another in showing honor.” What would your relationships look like if you put that into practice?

Application:

Brainstorm and answer the following questions together as a group:

What is something I can do this week to “outdo others in showing honor”:

with my Spouse?

with my friends?

at work?