

fear*less

3. ANYTHING & EVERYTHING

HVC, May 17, 2020

Phil 4:4-9 (NLT)

On a scale of one to ten (ten high), how weary of this Corona lockdown are you?

Do you know anyone in your life who consistently exudes joy? Describe them. Where do you think that joy comes from?

Phil 4:4

Always be full of joy in the Lord. I say it again—rejoice!

On that same scale (ten high), how *realistic* does this initially sound for you?

What would be different if your life was characterized by joy?

Discuss the difference between “joy” and “happiness.”

Usually we think of joy as an emotion, but Paul uses it as a verb - “rejoicing” - singing songs of praise. How does singing worship songs ground you in your faith? What are other ways we might “rejoice-as-a-verb”?

Discuss: *“The key to the Christian’s joy is its source, the Lord. If Christ is in me & I am in Him, that*

relationship is not a sometimes experience. The Christian is always in the Lord & the Lord is always in the Christian, & that is always a reason for joy. We rejoice in the Lord, & since He never leaves us or forsakes us, we can rejoice always.” **RC Sproul**

Phil 4:5

Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

Where have you shown *gentle restraint* (i.e., being “considerate”) recently toward someone who was making your life miserable?

What are some ways to remind ourselves that Jesus is near/never far from us? How does that help?

What do you think about Jesus’ second coming? How often do you think about it? What difference does his promised return make in your attitude toward suffering?

Phil 4:6

Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

How much do you struggle with worry? What kinds of things do you worry about?

How does Jesus’ nearness and future return help us not to worry?

How often do you turn your worries into prayers?
What is that like?

Discuss: *“Prayer points us away from ourselves to God, to his promises & his resources.”* **JA Motyer**

Of the two kinds of prayer mentioned here (petitions and thanks), which comes easier to you? Why?

How has this Corona crisis deepened your prayer life?

Phil 4:7

Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

When have you experienced God’s peace (i.e., wholeness, comprehensive flourishing)? What was that like?

Over the time you’ve been a Christian, has your experience of joy and peace grown (like fruit)? How?

How have you experienced God’s peace “guarding” your heart and mind?

Phil 4:8

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Where do you see these virtues in our culture (i.e., not in church or religious settings)? What do you think of the idea that God speaks through ‘pagan’ culture? Why?

Discuss: *“Don’t abandon the world you live in as you await its future.”*

Phil 4:9

Keep putting into practice all you learned and received from me- everything you heard from me and saw me doing. Then the God of peace will be with you.

Who has been a ‘Paul’ for you, someone you learned the faith from by observing? Who have you been a ‘Paul’ for? Where can you look for opportunities for life-on-life influence?

What effect do you think it would have on our witness - individual and corporate - if we lived joyfully, patiently, prayerfully, and not worrying?

Spend some time praying for your individual, your group’s and HVC’s witness in our world.