the BEAUTIFUL LIFE

THE HOLY SPIRIT AND CHRISTIAN VIRTUE

Don't Worry, Be Happy 10.25.26
Philippians 4:4-8 *(Pew Bible p.1,177)*
Dr. Jace Cloud, Senior Pastor

Notes
1) Worldly "Joy"

2) Biblical Joy

3) Bearing the Fruit of Joy

4) Weekday Application Questions

a) **EQUIP** — What is biblical joy, and how does it differ from worldly joy? According to Philippians 4 and other passages of Scripture, how can we experience joy in the Lord regardless of our circumstances?

b) **ENGAGE** — How does the media we consume (social media, news, entertainment, etc.) shape our thoughts and influence our joy? How can we be more intentional about what we allow to occupy our minds?

c) **EXALT** — Philippians 4:8 instructs us to dwell on whatever is true, honorable, right, pure, lovely, of good repute, and anything worthy of excellence or praise. Consider each of these qualities. What are some specific things you can intentionally dwell on that will direct your thoughts toward God and cultivate biblical joy?

d) **Here is your "One Thing" for this week:** This week, write down the circumstances, worries, and disappointments that are robbing you of joy. Then, with a marker, write "NEVERTHELESS" across your list. On the other side of the card, write down what you know to be true about God, His promises, and your identity in Christ. Across that list, write "REJOICE." Let these truths remind you that you can rejoice in the Lord even when your circumstances haven't changed.