



Life Group Discussion Questions

Sermon: How to Rejoice with Joy

Date: 11-11-18

- **Take the list of 5 attributes from Phil. 4:2-7—unity, joy, gentleness, not anxious, peaceful—which one(s) is most appealing to you? Which one(s) do you struggle with the most?**
- **What kinds of things do you worry about? What kind of impact does this have on your life?**
- **How does the picture of prayer in 4:6-7 contrast the way you normally think about prayer?**
- **In what ways are you like a freed prisoner (spiritually) who continues to sit in your cell?**
- **What would getting up and following Jesus out look like very practically for you?**
- **Spend some time as a group doing what Paul describes—approaching the Father in prayer, using the access He has given us, praying for each one to realize the fullness of our unity with Christ.**