



# Rejoice In The Lord Always!

## Sermon-based Guide for Reflection and Discussion Week of February 20

Scripture: **Philippians 4:4-7**

Sermon Title: *“Rejoice in the Lord Always; Again, I will say Rejoice”*

Do you want a life of rejoicing? Do you want to experience a life that is filled with joy? Do you want God’s joy to be your joy?

Paul lists out the ways in which God’s joy can be our rejoicing. It starts with a gentleness that moves out in such a way that that gentleness is perceived and known by those around you. That is joy that moves out.

The joy that comes from within happens when you know, and experience, the nearness of God. This comes from an awareness that God is near, that God is with you (Emmanuel).

The nearness of God is the assurance that we have so that we pray to God. Rather than harboring our worries (and nurturing them) we give our worries over to God. We trust God enough to make our requests known to him. We make these requests with prayer and supplication through a spirit of Thanksgiving because we know and are known by God.

What is the result of this life with God, this mature life of prayer and thanksgiving? It is peace. It is a peace that is so great that it passes all understanding. It is a peace that guards your heart and your mind in the person of Christ.

### Questions:

1. When you hear Paul say that we are to “rejoice always,” how does that strike you?  
Or, to ask it another way, would you describe your life as one based on rejoicing?  
Would you be known for that?
2. Paul says that “The Lord is near,” and then he gives us permission not to worry but to pray (to seek the nearness of the Lord).  
Do you sense the nearness of the Lord when you pray?  
On a scale of 1 to 10 how much do you worry?  
On a scale of 1 to 10 how much would it mean to you to not worry?
3. From this knowledge of the nearness of the Lord and the gift of prayer, we gain the peace that passes “all understanding.”  
How important is that peace for you?  
Do you feel that now? Have you felt it more or less before?