WOODVALE
PENTECOSTAL CHURCH

Connect Group Sermon Aligned Notes

Series Title: Summer in Philippians - Part 8
How To Defeat The Three Major Enemies Of Joy In Your Thoughts
Key Scripture: Philippians 4:1-9 NIV
Recorded Sermon: https://www.woodvale.ca/pastservices
Date + Speaker: August 20, 2023 | Pastor Mark Scarr

Starter:
When you think of the word ***"rejoice"*** what comes to mind? Share an experience when you chose to delight in the Lord instead of despairing.

Discussion:

1. As Christians our thought life is integral to a life of joy and peace in every situation. A godly thought life is essential to obedience. Discuss the ways Pastor Mark mentioned in this sermon on how to defeat the three major enemies of joy in your thoughts.

2. Rejoicing is a command. We can always choose to praise the Lord. Paul was in prison when he wrote: *"Rejoice in the Lord always".* Paul was full of joy because he knew no matter what happened to him, Jesus Christ was with him. Discuss what you have learned from Paul's teaching and mindset. How can you apply this in your life?

3. Imagine never being "anxious about anything". Read Philippians 4:5-6. *"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God".* Pastor Mark asked: *"Why doesn't prayer always defeat worry?"* What are the key directions Pastor Mark unpacked, that this scripture instructs us to follow when we pray? What is the promise behind these prayer directions? Read Philippians 4:7.

4. Paul tells us in Philippians 4:8 to program our minds with thoughts that are true, noble, right, pure, lovely, admirable, excellent, and praiseworthy. Discuss practical examples of how we can focus our minds on these eight themes from the sermon.

5. Talk about how you can put into practice the insights gained from the sermon this week. The Holy Spirit will empower you to apply this to your life as you ask Him to help you.

Diving Deeper: Ask God for strength, wisdom and better understanding on how to apply this teaching in your daily lives and to stand firm as Paul instructed. As you practice thinking on what is true and lovely and honourable in God's Word, as Paul said, the peace of God will be with you (Phil 4:9). Thank God for His gift of peace.