



Make the \_\_\_\_\_ to rejoice!

## Joy Thieves

- ◆ \_\_\_\_\_ Circumstances (**Philippians 4:11**)
- ◆ Comparison
- ◆ Small \_\_\_\_\_ (**Philippians 2:14**)
- ◆ Past \_\_\_\_\_ (**Philippians 3:9, 13-15**)
- ◆ Present Sins (**Philippians 4:8-9; Psalm 51:12**)

Choosing joy isn't about \_\_\_\_\_ painful feelings. (**2 Corinthians 6:10a**)

Choosing joy is about changing our \_\_\_\_\_, which helps alleviate painful feelings

- ◆ Focus affects our feelings!

### 1. Focus on the People in Your \_\_\_\_\_

- ◆ **Philippians 1:3-8; 4:1**
- ◆ Focus on the people in your heart and tell them why they have a place there.

### 2. Focus on the \_\_\_\_\_ God Can Bring from the Bad

- ◆ **Philippians 1:12-14, 17-18**

### 3. Focus on the \_\_\_\_\_ of Being in Christ

- ◆ Life is a win-win in Christ! (**Philippians 1:20-24**)
- ◆ Jesus helps us grow! (**Philippians 1:6, 9-11**)
- ◆ Contentment Anytime \_\_\_\_\_ (**Philippians 4:12-13**)
- ◆ Confidence in Heaven (**Philippians 3:12, 20-21**)

In Christ, the best is yet to come...

#### Questions for H2H Discussion:

1. What are some of the biggest joy thieves in your life? (There may be some for you that weren't listed in the lesson)
2. Can you share a difficult time in your life that God used to bring good from?
3. Have you ever experienced being sad and joyful at the same time? If so, how was that possible?
4. Are there additional ways you've found to choose joy that weren't mentioned in the lesson?