



Press On

Part 1 – Chose Joy Study Guide

We live in a culture that's saturated with negativity. From the news we read, to the circumstances we face, it can be easy to get depressed and down with life. As Jesus followers, life doesn't have to be depressing and joyless. It is possible to find joy even in the midst of difficult circumstances, and in the company of complainers. In this series, we will dive into the book of Philippians and learn from Paul, who was a master at having joy despite hardships.

1. Would you say that being joyful comes naturally for you? Why or why not? What is normally your biggest obstacle to being joyful?

“I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy, because of your partnership in the gospel from the first day until now.”- 1 Philippians 1:3-5 (ESV)

2. **Read Philippians 1:3-11.** Why do the people in Philippi bring Paul joy? When was the last time you thanked God for someone in your life and **told** them as well? How did that deepen your friendship?

“...for the joy of the Lord is your strength.” - Nehemiah 8:10b (ESV)

3. **Read Philippians 1:12-14.** Sometimes the visible proof of joy is in moments of pain. How did Paul use his imprisonment as an opportunity to choose joy? What painful experiences have you faced that you could use to help others?

4. Lack of joy is often a prayer problem. How has prayer changed your outlook on life? How do you stay consistent in prayer?

5. Who's sharing the load with you? Do you have someone you consider one of your biggest encouragers? Commit to writing an encourager in your life a note this week thanking them for all they've done for you.