

LIFE GROUP

DISCUSSION QUESTIONS

Rejoice in a Worthy Way August 31, 2025

Summary

Pastor Heather taught from Philippians 4:4–13, where Paul instructs us that true contentment doesn't come from our circumstances, but from trusting in Jesus. Our natural response to hardship is often anxiety, anger or agitation, but we can learn to choose prayer, gratitude and rejoicing instead. By shifting our focus from our problems to God's presence and goodness, we experience peace that doesn't make sense to the world. This contentment isn't a one-time thing—it's practiced daily, strengthened by remembering God's past faithfulness, and expressed through generosity and rejoicing in both good and challenging times.

Scripture

Then the LORD spoke to Job out of the storm. He said:

"Who is this that obscures my plans
with words without knowledge?

Brace yourself like a man;

I will question you,
and you shall answer me.

"Where were you when I laid the earth's foundation?

Tell me, if you understand.

Who marked off its dimensions? Surely you know!

Who stretched a measuring line across it?

On what were its footings set,
or who laid its cornerstone—

while the morning stars sang together
and all the angels shouted for joy?

"Who shut up the sea behind doors
when it burst forth from the womb,
when I made the clouds its garment
and wrapped it in thick darkness,
when I fixed limits for it

and set its doors and bars in place,
when I said, 'This far you may come and no farther;
here is where your proud waves halt'?

..."Have you entered the storehouses of the snow
or seen the storehouses of the hail,
which I reserve for times of trouble,
for days of war and battle?

What is the way to the place where the lightning is dispersed,
or the place where the east winds are scattered over the earth?

Job 38:1-11, 22-24 (NIV)

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Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength. Philippians 4:4-13 (NIV)

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. James 1:2-3 (NIV)

But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect... 1 Peter 3:15 (NIV)

Let's Start

When you feel anxious or upset, what are your natural “go-to” responses?

Gratitude and Prayer

How has God worked in your life since we were together?

Let's Talk

1. Do you know someone like Heather's friend Sarah, who is content even in the most difficult circumstances?
2. Paul says he *learned* to be content. How can we practice contentment in small ways each day?
3. What are some “focal points” (truths, practices, reminders of God's goodness) that help you shift your perspective away from anxiety?
4. How have you seen God's faithfulness in the “rearview mirror” of your life?
5. What opportunities do you have right now to live generously out of contentment?
6. Why is it important to rejoice not only in hard times but also in times of plenty?

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