

# OUTLINE & DISCUSSION QUESTIONS

## JOY IN AN AGE OF UNHAPPINESS

JIM NICODEM | MAY 16 & 17, 2026

PHILIPPIANS 4:1-10

Introduction

Choose \_\_\_\_\_ over \_\_\_\_\_

Choose \_\_\_\_\_ over \_\_\_\_\_

Choose \_\_\_\_\_ over \_\_\_\_\_

Choose \_\_\_\_\_ over \_\_\_\_\_

Choose \_\_\_\_\_ over \_\_\_\_\_

Choose \_\_\_\_\_ over \_\_\_\_\_

## DISCUSSION QUESTIONS FOR FAMILY, FRIENDS & GROUPS

**Icebreaker:** Are you, by temperament, a naturally joyful person? Explain. What is the most common joy-buster in your life?

1. What were Paul's circumstances when he wrote the epistle of Philippians, with its emphasis on joy? What does that tell us about joy?
2. Read Philippians 4:1-3 and Psalm 133:1. Why do relational conflicts rob us of joy (multiple answers possible)? Matthew 5:23-24 and 18:15 offer us flipsides of the same advice. Explain.
3. What do Philippians 4:3 (note: "my true companion" is a reference to the members of this church), Matthew 18:15-16, and Romans 12:18 teach us about resolving difficult conflicts? Is there an ongoing relational conflict in your life (describe without using names)? If so, what might be your next step toward resolving it?
4. Read Philippians 4:4. What's the difference between rejoicing in the Lord and rejoicing in yourself? Why would rejoicing in the Lord produce joy in our lives (multiple answers possible)? What 3 or 4 tips would you give someone for injecting more worship in their life?
5. Read Philippians 4:6-7. Why is it important to add thanksgiving to our prayers when we're worried about something? Describe a potentially anxiety-producing situation in your life at present. Note 3 or 4 reasons you have to thank God in the midst of it.
6. Read Philippians 4:8. What's the full meaning of the word "think" in this verse? What would be some benefits of memorizing Scripture?
7. Choose a verse, paragraph or chapter of the Bible to begin memorizing. Why did you choose that text? (If you have trouble selecting a Scripture, ask your group for help.)
8. Read Philippians 4:9, 3:17 and 1 Corinthians 11:1. What did Paul model for others? How does this relate to joy? What does Jesus say is the key to experiencing joy in John 15:10-11? How did King David restore his joy in Psalm 51:7-12? Why is it important to do this daily? BONUS: Why should Christ followers regularly confess their sins and receive forgiveness if our sins--past, present, and future--were forgiven when we surrendered our lives to Christ? (Hint from the sermon: the difference between judicial and relational forgiveness.)
9. Read Philippians 4:10 and 1:4. How did the Philippians partner with Paul in his mission? Why would that partnership give joy to both Paul and them? Have you experienced joy recently while participating in ministry at CCC? If so, describe what gave you this joy.
10. Read Luke 15:3-7. What would Jesus recommend, based on this parable, for his followers who want to experience joy? To what extent are you engaged in this mission? Explain.
11. The sermon covered 6 choices that would help us put on joy. Which are the top two that you'd like to put into practice? Explain.