

August 14, 2016

Unshakeable Joy

Main text: Phil 4:10-13

With reference to story of David and Goliath

**Starter:** 1. Take 3 sheets of blank paper 2. Write JOY at the top of one, CONTENTMENT at the top of another and HAPPINESS on the top of the third 3. Divide your group into 3 smaller groups and hand each one of the papers 4. Give each group 5-10 minutes to come up with a definition for their word. They CANNOT use their word in their definition 5. Come back together as a larger group and share the results.

**Discussion points:**

1. **Ask** the group to privately jot down the answer to this question: “I will be truly happy when\_\_\_\_\_.” Reference the definition provided by the ‘happiness’ group.
2. **Read** Psalm 33:20-22 and **listen** to Horatio Spafford’s ‘It is Well With My Soul’
3. **Discuss** what Pastor Matt suggests is the secret that changes everything (Does anyone remember what it is?) – CONTENTMENT. Make reference to the definition provided by the ‘contentment’ group.
4. **Review** the Goliath versus David story from 1 Samuel 17:33-51 and discuss the ‘LOTS’ versus ‘LACK’ principle. [Just because we have A LOT doesn’t mean we will succeed and just because we have LITTLE doesn’t mean we will fail.] And how contentment has nothing to do with externals – it’s an ‘inside’ job. We choose whether we focus on what we don’t have OR what we do have

**Contentment is the conduit to UNSHAKEABLE JOY**

5. **Discuss** the 3 steps towards this place of unshakeable joy: i) CALL upon Him FIRST – Jeremiah 33:3 & John 15:5 – Jesus IS enough  
ii) CLING to God’s unique PLAN for your life – How often have we [been tempted to] thrown out something that turned out to be useful or significant? Pain, rejection, grief, false accusation, illness and more can be redeemed by God for His kingdom purposes but not if we are always seeking to be rid of them. Paul never denied the importance of anything he had gone through and David never denied who he was or where he came from iii) Be on the HUNT to INSPIRE others – Paul was in prison when he penned these words to the Philippian church and God could have enabled David to kill Goliath with armour on and a sword. How inspiring for the Israelites to see a giant come down with a stone!!
6. **Ask** the group in preparation for a time of prayer: ‘So? What if your ‘happiness’ ship never comes in? What if you never get what you filled in the blank with in question 1? **Reread** Philippians 4:10-13 and go to a time of prayer for one another.

**Diving Deeper:**

Use a concordance and find 3-5 references to ‘joy’ or ‘rejoicing’ that are meaningful to you. Write them out and commit at least one of them to memory. Meditate on them in an effort to develop an ‘attitude of gratitude’.