

## **Rejoice in All Circumstances: Thank the Lord!**

### **Reflect**

1. What are some things that bring you joy?
  
  
  
  
  
  
  
  
  
  
2. When was the last time you said “thank you” to someone and what for?

### **Read Your Bible**

- Philippians 1:3-11

### **Apply God’s Word to Your Life**

1. What emotion moved Paul to give God thanks for the church in Philippi?
  
  
  
  
  
  
  
  
  
  
2. What things in your life affect your capacity to experience joy?
  
  
  
  
  
  
  
  
  
  
3. What moved Paul to joy even if he was in chains or defended the Gospel?

4. How are joy and giving thanks connected?

5. Do you think it's possible to truly give God thanks without having joy? Or to have joy without giving thanks?

6. How might God be calling you to experience and express joy and thanksgiving through Jesus in this season of your life?

## **Conclusion**

Thankfulness and joy are found in what God has done for us in Jesus. This was the source of Paul's ability to thank and praise the Lord even in a tough situation. Often our focus is drawn to problems, pain and what we want but don't have. That focus can steal our joy and ability to give thanks. When we focus on Jesus, the eternity He's set before us and the comfort and hope He provides in our present circumstances, joy and thankfulness can be ours!

## **Pray**

God of all life and love, You alone are worthy of thanks and praise. There are moments, days, and seasons of life where thankfulness and joy in You can be hard to experience and express. In those times, help us to keep our eyes on You and grace us with the joy of being in Your presence. Thank You for all that You have given and done for us, especially through Your Son, Jesus. Amen.