

## Part 4: Joy Forever

### Big Idea

Pastor Curt finished the **CHOOSE JOY** series with a message called **JOY FOREVER**. We can choose between anxiety and joy. We make choices all the time. Our choices and our decisions have made us who we are today. If we want our life to be full of joy then we need to make a very important choice, a life-changing choice. We can choose today to have **joy today, joy tomorrow, joy next year, joy forever!**

Anxiety is a joy stealer, a joy killer, and a joy jammer. The reasons for anxiety don't go away but PC showed us from Philippians 4 how we can have joy even when nothing changes externally. He makes it clear that we have the ability to choose between anxiety and joy. Every day we can make the decision to have joy. Philippians 4 contains the secret to have joy forever.

**Rejoice in the Lord always. And I say again: Rejoice. Philippians 4:4** God would not tell us to rejoice always if it wasn't possible. How can we be set free from anxiety and rejoice instead? Philippians 4 gives us an outline to how to pray about everything, to think about all the right things (Godly thoughts), and to submit and trust God. God wants you to know that you can trust Him with everything! We must remember that prayer changes everything, namely us, because prayer produces joy when our emotions are in check. PC said: **Anxiety simply marks the spot where we are mistrusting God.** We do not need to carry things ourselves that only God should carry. We can choose joy and have joy forever.

### Discussion Questions

- What are some silly worries that you have that can take hold of you, but doesn't make a difference in the long run? What are some things that make you feel anxious?
- Pastor shared three practical steps to help us to choose joy every day: (1) Pray about everything, (2) Think about the right things, and (3) Trust God in all things. Which one or more of these practical steps are you going to start trying, starting today?
- What would a life look like that trusts God completely?

### Prayer Focus

Pray for the launch of Small Groups across our county and for the NEXT STEPS that each member will be taking in their relationship with Jesus.

### Next Steps

Let's commit to continuing to grow spiritually. Identify where you are on your spiritual journey and consider what your NEXT STEP needs to be. Also, think of two non-Christians you know who you can invite to a service this year. If we can all commit to inviting the lost to church, we can have a huge impact for the Kingdom of God.

### Leader Tip

As we embark on our Spring Semester One of the best ways we can encourage our Small Group attendees to open up and be real with the group is to be real ourselves. Open up to your group this week, and watch your group members follow suit. This will create a space for meaningful relationships to develop.