



Small Groups

October 9, 2022

“Choose Joy”

- What has brought you the most joy in your life?
- How would you define the word “rejoice”?
- What are some words that describe the opposite of rejoicing?
- Why do you believe that anxiety and stress are such a problem in our culture today?
- **READ *Philippians 4:4-13***. What stands out to you from this passage of scripture?
- What are the key ingredients that Paul gives us here that will bring us joy in rejoicing?
- What are some things that create stress in your life that these ingredients from our passage could help you with?
- What is something that challenged or encouraged you from the message this week?
- Share your prayer requests and spend some time praying for each other.