

JOY THROUGH CONTENTMENT

Thinking Points

1. Do you know someone that lives out Defiant Joy?
2. What makes *Defiant Joy* different from *joy* as an emotion that fluctuates?
1. Philippians 1:17-18 (NIV) says: *"The former preach Christ out of selfish ambition, not sincerely, supposing that they can stir up trouble for me while I am in chains. But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this I rejoice. Yes, and I will continue to rejoice..."*
For Paul, how does surrendering to God lead to more joy and freedom, rather than it restricting his joy and freedom?
2. **Event + Response = Outcome**
Victor Frankl talked about the space between the events in our lives and the outcomes of those events being a gap in which we get to choose our response. In the past, what has helped you to choose a positive response, in the face of what seemed like a negative event?
3. Philippians 4:8-9 (NIV) says: *"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. Whatever you have learned or received or heard from me, or seen in me - put it into practice. And the God of peace will be with you."*
Paul modelled a decision to focus on what is good in his life. Have you ever found yourself dwelling on the negative, allowing it to make you lose focus of what is good in your life? How do we change that negative thought pattern?
4. Read Phil. 4:13 (below). Why is this verse so crucial in being able to live out the principles we've thought about so far?

Philippians 4:11-13 NIV

¹¹ I am not saying this because I am in need, for I have learned to be content whatever the circumstances.

¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

¹³ I can do all this through him who gives me strength.

DEFIANT
JOY

