

**REMINDER:** Go to <http://happenings.gracechapelchurch.com/> to view this week's bulletin, order of worship and songs we will enjoy together. Stay connected!

**To Live is Christ, To Die is Gain  
FILLED WITH JOY**

**ICE BREAKER:**

Reflect back over this past year and share the happiest time you had?

**DISCUSSION:**

- Let your group work together to agree upon definitions for the following words for the sake of making distinctions in this discussion: Happiness, Joy, Contentment.
- What do you do to relieve stress that is caused when you worry? What does Paul say to do (Philippians 4:4-7)?
- How does what you think about affect how you feel? How does it affect your relationship to God (Philippians 4:8-9)?
- What is Paul's secret to contentment (Philippians 4:10-13)?
- How does Paul's view of contentment compare with the modern world's view of contentment?
- What is the connection between *the secret of being content* (refer again to Philippians 4:13) and *being filled with joy* in your life (John 15, especially verses 9-11)?
- Do you find it more difficult to be filled with joy when circumstances around you are difficult or when "the world is all as it should be"?

**THIS WEEK:**

- What *external* circumstances are you facing now that are preventing you from being content?
- What could you put into practice this week to learn to become more content?
- If you are filled with joy because of Christ in you, what are some ways your joy can overflow from you to others this week?