

GOOD DAY // WEEK 2

HOW TO MAINTAIN YOUR JOY NO MATTER WHAT

Charles Mckinney - 6/16/24

GROWING TOGETHER

- How did you celebrate Father's Day this weekend or in the past?
- What special memories do you have of this day? These could be from your perspective as a father, a child, or a spouse who is watching your husband being the one being celebrated.
- Reflecting on the story of the young man at General Electric, have you ever declared you would have a "good day" regardless of circumstances? How did that day turn out for you?

GROWING WITH GOD

Read [Philippians 1:12-30](#) aloud and go over your sermon notes with one another. (Answer all or some of the questions)

This week's BIG Idea: Despite facing severe hardships, including imprisonment, Paul maintains his joy and encourages believers to embrace suffering as an opportunity to advance the gospel, trusting in God's sovereignty and finding purpose in Christ-centered living.

Paul demonstrates joy amid severe hardships, including imprisonment, by trusting that God works through every circumstance to spread the Good News. His example shows how our reactions to tough times can be powerful evidence of how God changes lives. Paul believed that every situation he faced, including his imprisonment, had a purpose in God's plan.

- How does believing that God has a purpose behind every problem change the way you approach challenges and setbacks?

Pastor Charles highlights Paul's challenges with people, including critics, competitors, and conspirators, yet Paul didn't let these troubles steal his joy. He stayed focused on preaching Christ, teaching us valuable lessons on joy and priorities in tough relationships.

- What steps can you take to handle criticism constructively for your benefit, ensuring it doesn't rob you of your joy and ultimately glorifies God?

Paul finds deep joy in trusting God with the tough stuff, even amidst worry, stress, and anxiety. He relies on prayer and God's support, prompting us to consider how we handle our own burdens and whether we're depending on God for strength. The sermon emphasizes that some things are "above our pay grade" and should be entrusted to God.

- What are some situations or challenges in your life right now that you need to hand over to God for His guidance and intervention?

Mark Twain said, "The two most important days of our lives are the day we are born and the day we find out why." This highlights the truth that everyone needs a purpose that gives meaning to their existence. As Christians, our ultimate purpose is to glorify God and live for Christ. Paul writes in verse 21, "For to me, to live is Christ and to die is gain".

- Reflecting on your current life goals and activities, how well do they line up with living for Christ?

- Are there areas where you feel your purpose could be more Christ-centered?

Pastor Charles said "Instead of losing your joy over your circumstances, let your mess become your message, your tests become your testimonies." Maybe you experienced this or witnessed this happening to someone else.

- Can you think of a time in your life when a mess was turned into a message or a test into a testimony?

GROWING IN OBEDIENCE & SCRIPTURE

Here are four insights Pastor Charles gave us to reflect on.

1. Know God has a purpose behind every problem. (v. 12-14)
2. Focus on what really matters. (v. 15-18)
3. Always trust God with the heavy lifting. (v.19-20)
4. Have a purpose to live for. (V. 21-30)

Embrace Joy in Adversity

As we navigate life's challenges, let's prepare a mindset of joy by focusing on God's purposes in our trials. Just like Paul did, let's rejoice in our circumstances, knowing that God uses them to spread His message and strengthen our faith.

Life Group Leader: Encourage group members to share personal stories of how they've found joy in difficult situations. Facilitate discussions where members can reflect on how they perceive adversity and how they can shift their perspective to embrace joy in challenging times.

Prioritize Christ-Centered Living

Let's commit to living each day with Christ at the center, just as Paul did. Align our priorities with the gospel, seeking to glorify God in everything we do.

Life Group Leader: Encourage group members to look at their daily priorities and commitments, ensuring that Christ remains at the forefront of their lives. Provide resources (Devotionals, one-on-one prayer, etc. and discussions that help members evaluate how they can prioritize Christ in different areas of their lives.

GROWING IN PRAISE AND WORSHIP

This week's song list if you'd like to worship with your group.

[Rattle](#)

[Glorious Day](#)

[O Praise the Name \(Anástasis\)](#)

GROWING WITH CATALYST PEOPLE

Be sure to follow Catalyst Church on all the major social media platforms for the latest information and words of encouragement.



