

1

Philippians 4 (NIV)

4 Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends! 2 I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. 3 Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life. 4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near.

2

Philippians 4 (NIV)

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8 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.

3

Philippians 4 (NIV)

9 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. 10 I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. 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.

4

Philippians 4 (NIV)

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. 14 Yet it was good of you to share in my troubles. 15 Moreover, as you Philippians know, in the early days of your acquaintance with the gospel, when I set out from Macedonia, not one church shared with me in the matter of giving and receiving, except you only; 16 for even when I was in Thessalonica, you sent me aid more than once when I was in need.

5

Philippians 4 (NIV)

17 Not that I desire your gifts; what I desire is that more be credited to your account. 18 I have received full payment and have more than enough. I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God. 19 And my God will meet all your needs according to the riches of his glory in Christ Jesus. 20 To our God and Father be glory for ever and ever. Amen.

6

Theme

Joy in Christ is a deep, abiding gladness that flows from knowing and trusting Jesus.

It is not dependent on circumstances but rooted in His presence, peace, and strength.

7



8

Joy Flows from Christ's Presence

- Joy begins with awareness that "The Lord is near." (Philippians 4:5)

1 God is our refuge and strength, an ever-present help in trouble. (Psalm 46:1 NIV)

- Christ's presence brings peace that guards our hearts & minds. (Philippians 4:7)

3 You will keep in perfect peace those whose minds are steadfast, because they trust in you. (Isaiah 26:3 NIV)

9

Joy Flows from Christ's Presence

- Joy grows when we focus on what is true, noble, right, pure, lovely & praiseworthy. (Philippians 4:8)

2 Set your minds on things above, not on earthly things. (Colossians 3:2 NIV)

- It is sustained through prayer & thanksgiving, not worry. (Philippians 4:6)

7 Cast all your anxiety on him because he cares for you. (1 Peter 5:7 NIV)

10

Joy Flows from Christ's Presence

- Joy becomes a witness - showing others that Christ's peace is real even in hardship.

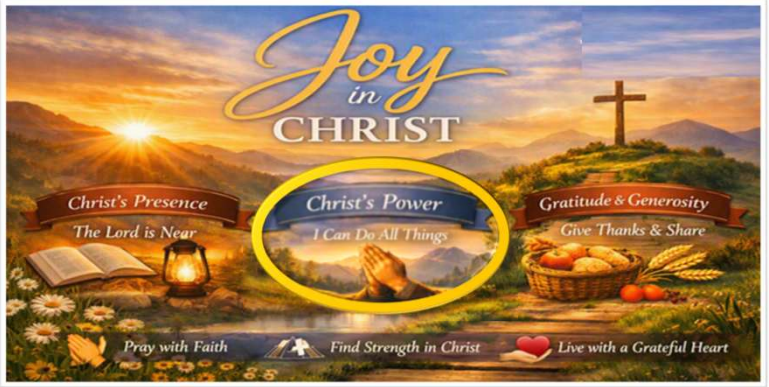
16 In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. (Matthew 5:16 NIV)

11

Discussion Questions

- How does remembering Christ's nearness change the way you face daily challenges?
- What helps you shift from anxiety to prayer & gratitude?
- Which qualities in Philippians 4:8 most help you cultivate joy?

12



13

Joy Strengthens Us through Christ's Power

- Paul's joy came from Christ's strength, not his situation. (Philippians 4:13)

9 But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. (2 Corinthians 12:9 NIV)

14

Joy Strengthens Us through Christ's Power

- Joy teaches contentment - learning to be satisfied in plenty or in need. (Philippians 4:11–12)

5 Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you." (Hebrews 13:5 NIV)

15

Joy Strengthens Us through Christ's Power

- Christ empowers us to persevere with hope & courage.

31 But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint. (Isaiah 40:31 NIV)

16

Joy Strengthens Us through Christ's Power

- Joy reminds us that God's grace is sufficient for every season.

1 The Lord is my shepherd, I lack nothing. (Psalm 23:1 NIV)

- Joy transforms endurance into worship - trusting God moment by moment.

9 Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. (Galatians 6:9 NIV)

17

Discussion Questions

- When have you experienced Christ's strength in a difficult season?
- How does joy help you remain content when life feels uncertain?
- What does it mean to "do all things through Christ" in your daily life?

18



19

Joy Expresses Gratitude and Generosity

- Joy overflows into gratitude - thanking God for His provision. (Philippians 4:10)

18 give thanks in all circumstances; for this is God's will for you in Christ Jesus. (1 Thessalonians 5:18 NIV)

- Joy leads to generosity - sharing with others as an act of worship. (Philippians 4:18)

7 Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. (2 Corinthians 9:7 NIV)

20

Joy Expresses Gratitude and Generosity

- Joy helps us see God's blessings even in small, ordinary moments.

17 Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. (James 1:17 NIV)

21

Joy Expresses Gratitude and Generosity

- Joy reminds us that God will meet all our needs according to His riches. (Philippians 4:19)

14 So Abraham called that place The Lord Will Provide. And to this day it is said, "On the mountain of the Lord it will be provided." (Genesis 22:14 NIV)

22

Joy Expresses Gratitude and Generosity

- Joy deepens fellowship - it connects hearts through shared faith & kindness.

11 Therefore encourage one another and build each other up, just as in fact you are doing.
(1 Thessalonians 5:11 NIV)

23

Discussion Questions

- How does gratitude strengthen your joy in Christ?
- What small blessings remind you of God's faithful provision?
- How can generosity become an expression of joy in your community?

24

Practical Application

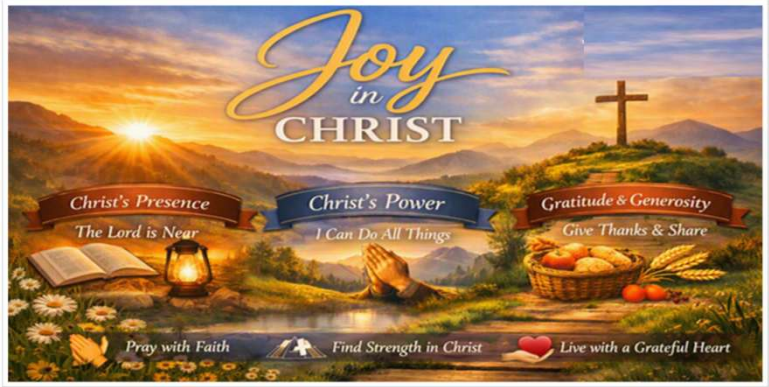
- Speak Philippians 4:4 each morning: “Rejoice in the Lord always.”
- Begin each prayer with thanksgiving before requests.
- Replace one anxious thought with one truth: “The Lord is near.”
- Keep a daily gratitude list - note one blessing each day.
- Encourage someone with a joyful word or Scripture.

25

Practical Application

- Practice contentment - thank God for what you have today.
- Share joy through acts of kindness or service.
- End each day reflecting: “Where did I experience Christ’s joy today?”

26



27

Things Seniors Could be Thankful For

- Everyday Blessings
  - A new morning - the gift of waking up with breath & purpose. (Psalm 118:24)
  - Comfortable surroundings - a safe, warm place to rest & belong.
  - Nutritious meals - daily provision that reminds us of God’s care. (Matthew 6:11)

28

Things Seniors Could be Thankful For

- Relationships & Community
  - Friendship & fellowship - shared laughter, prayer & companionship that ease loneliness. (Proverbs 17:17)
  - Caring staff & volunteers - people who serve with patience & compassion.
  - Family connections - phone calls, visits & memories that remind us we're loved.

29

Things Seniors Could be Thankful For

- Spiritual & Emotional Gifts
  - God's presence - assurance that He is near, even in quiet moments. (Psalm 46:1)
  - Answered prayers - seeing God's faithfulness in small ways.
  - Peace & contentment - learning to rest in God's timing & grace. (Philippians 4:11)

30

Things Seniors Could be Thankful For

- Simple Joys
  - Music & worship - hymns that stir the soul & awaken memories.
  - Nature's beauty - sunlight through a window, birdsong, or a blooming plant.
  - Opportunities to serve - small acts of kindness that reflect Christ's love.

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