

# Joy

**Story:** When Scottie Smalls, an awkward, un-athletic kid moves to a new neighborhood, he is befriended by a group of boys who play baseball at their local field called the sandlot.

Smalls is reluctant to join their group, as he fears he will be ridiculed because of his inexperience. Under the encouragement of Benny “The Jet” Rodriguez he steps out of his comfort zone and experiences the best summer of his life.

These boys played for the love of the game and the relationships that were formed over this summer brought great joy which lasted throughout their lifetime.

Life is a journey. It’s not always full of the circumstances that we want. But, if we are rich in relationships, if we remember the stories, and if we learn along the way, then we can know that no matter where we are in life, today is the good ole days.

Life can take your happiness; it shouldn’t be able to take your joy.

## Questions to consider:

I would finally feel complete, satisfied, and secure in myself when

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How good is good enough?

What causes you anxiety?

**Context:** Too often our lives lack love and peace. We all struggle with some sort of interpersonal conflict, yet there is hope when we look to Christ. Peace is not the absence of conflict; it is the presence of Christ. In fact, “peace of mind comes through the mind of Christ.” In Philippians 4:1–9 Paul provides two challenges in how to deal with conflict and experience Christ’s peace. Paul receives significance in this life and in the life to come for establishing the Philippian church in the faith. We often get sidetracked in life by pursuing pleasure, a position, power, prestige, popularity, possessions, and performance; however, Paul challenges us to pursue people. Paul recognized that the only things that matter and are eternal are people and God’s Word. The choice each day is between whether we will focus on the eternal or the temporal.

**Scripture:** Philippians 4:4-9

1. Why does Paul remind us to rejoice in the Lord always?
2. What results in our hearts (minds) when we realize that God is in control of all things?
3. What types of things should we allow our minds to meditate on?

4. Does our conduct reflect our thought process? Why or why not?

**Key Verse:** "...whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things." Philippians 4:8

**Anchor to remember:**

- Enjoy the Journey