

## Joy

**Challenge:** The Sandlot was released in the early 90's through the perspective of Scotty Smalls. Smalls reminisce on his first summer in Los Angeles as he had recently moved with his mother and stepfather, Bill, to a new neighborhood, and struggles to make new friends.

One afternoon, Smalls decides to follow a group of neighborhood boys, and watches them play an improvised game of baseball at a small field, which they call the sandlot. Smalls is reluctant to join their game, as he fears he will be ridiculed because his inexperience. Smalls steps out of his comfort zone, his insecurities, and overcomes many different obstacles and over the summer, Small makes new friends and experiences many adventures.

We need to fight for contentment. We know we can do more, become more, and achieve more; that is a given. Everything is always growing in one direction or the other. Comfortable should not be our aim, but contentment should be. Contentment is a deep peace in knowing we are where we are supposed to be at the exact moment. When we are there, we can do our best and rest well knowing our best is good enough.

### Questions to consider:

1. I would finally feel complete, satisfied, and secure in myself when \_\_\_\_\_.
2. How good is good enough?
3. What causes you anxiety?

**What's going on:** Too often our lives lack of 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 pursues people. Paul recognized that the only things that matter and eternal are people and God's Word. The choice each day is between whether we will focus on the eternal or the temporal.

### Game Time: 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