



Sermon Questions

March 22nd, 2026 | Scripture: Philippians 4:4-9 – *Cultivating Joy*

Pre-study: 3 things from the sermon. *Write down 3 ideas, illustrations, quotes, or points that made an impression in the sermon.*

- 1.
- 2.
- 3.

Core Questions

1. Which word or command in verses 4–9 grabs your attention most, and why?
2. Verse 4 gives us two commands to rejoice. Do you experience that as encouraging, confusing, or even frustrating? How do Paul’s circumstances help us understand what he is after here?
3. Verse 5 calls us to ‘reasonableness’ (or gentleness). What do you think that looks like in everyday relationships? How does ‘the Lord is at hand’ make that kind of posture possible?
4. Verses 6-7 show us a great exchange - our worry for God’s peace. Think of a current anxiety in your life. What would it look like to turn that specific fear into prayer with thanksgiving this week?
5. How does Paul’s ‘whatever is...’ list in verses 8-9 both widen what we can think about and also challenge what we shouldn’t dwell on?

Inward Grace in Action

1. Which obstacle to joy—harshness, anxiety, or negative thinking—do you see most in your life right now? Why?
2. How does the joy God gives you in Christ speak directly to that struggle this week?

Outward Grace in Action

1. Joy is contagious. Who is one specific person you could intentionally bring the joy of Christ to this week, and what might that look like?

For Families: Ideas of how to keep the conversation going at home, in the car, or around the dinner table:

1. **A - Ask about the message:** Ask your children to list things they enjoy during the week. Affirm those as good gifts from God but talk about how those things don’t always last or go the way we want. Then ask them to think about what it would be like to have something so amazing that it gave them joy no matter the circumstances.
2. **S – Share your thoughts:** Explain that in this passage, the apostle Paul teaches that real joy comes from being close to Jesus - who loves us, is always with us, and never changes, even when life does.
3. **K – Keep it going:** Because God is near to us, we also remember Zephaniah 3:17. Read that together and pray thanking God that he rejoices over us with loud singing. Think about leaving notes in your kid’s lunchbox or making sticky notes and placing them on their bathroom mirrors to remind them of that truth periodically throughout the week.

WORSHIP THROUGHOUT THE WEEK

Here are some other ways you can meet with God throughout the week:

Reflect on these passages that trace the theme of joy throughout the scriptures:

- Exodus 16:9-12
- Psalm 16
- Isaiah 61:10-11
- John 15:1-11
- 1 Peter 5:6-11
- James 1:2-3

Scripture Memory Challenge:

*During this sermon series, our challenge to you and your CG is to memorize **Philippians 2:5-11**. This is the heart of the entire letter that will equip us to live with resilient joy.*

Serve: Invite and Serve this Easter:

Let grace flow as you invite someone to join you – or sign up to serve - at one of our Holy Week Events listed below:

- *Easter Services*
 - 8:30, 10:00, 11:30 am
 - **100 volunteers needed!**
- *A Night of Beauty: The Story of Jesus*
 - 7:00 pm

Details at: mcleanpres.org/easter.

Look Ahead: Next week we will take a break from Philippians to celebrate Holy Week. The scripture passage will be John 12:12-13, 27-36 where we will see how Christ came to bring peace!