

GO DEEPER

use these questions for further study

Last week we focused on recognizing anxiety in our bodies and taking steps to care for our physical bodies (eat, sleep, breath). Were you able to incorporate any of these practices? What was your experience?

Read Philippians 4:4-8 - How do you respond to the command to rejoice always?

Does this feel realistic? Does it feel like an invitation or a burden?

What is the difference between rejoicing in the Lord and rejoicing in your circumstances or situation? Why is the distinction important?

Pastor Adam said that rejoicing is a choice. Do you agree? Why/why not?

What does it look like to choose to rejoice in the Lord in the midst of hard times? Does it require denial? Is it compatible with lament?

How does rejoicing change our perspectives?

What other ways does rejoicing combat anxiety?

Choose one of the following ways to begin building a habit of rejoicing in Jesus:

1. Sing the Doxology daily or 3x a day (morning, noon, night)

Praise God from whom all blessings flow

Praise Him all creatures here below

Praise Him above ye heavenly host

Praise Father, Son, and Holy Ghost.

Amen.

2. Schedule a time each day to rejoice in who God is and what God has done. It can be long or short (5min or 1hour). You can write, draw, sing, dance, or listen to music. Be sure to use songs and images which focus on God, God's nature, and God's actions, not on us or on the world.

3. Pray a Psalm each day this week (and repeat every week)

Sunday Psalm 29

Monday Psalm 30

Tuesday Psalm 33

Wednesday Psalm 34

Thursday Psalm 47

Friday Psalm 62

Saturday Psalm 66

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