

# SERMON REFLECTIONS

## Unspeakable Joy in the Lord

Philippians 4:1-4, 10 | 7 September 2025 | Rev Dr Aaron Tay

### Reflection Questions

1. The apostle Paul faced many challenges in his ministry and service to the Lord, yet he shared in several of his letters that he was full of joy.

When confronted with challenges, people can respond in various ways. Consider the responses of individuals you know or have read about.

Are there biblical characters besides the apostle Paul (such as Joseph and Peter) who responded with joy, faith, courage, or other qualities? Explain why their responses differ.

2. There are at least seven things/sources that give people joy:
  - a) Achievement (reaching a goal, overcoming a challenge, fulfilling a purpose, etc.)
  - b) Beauty (nature, majestic structures, art, music, etc.)
  - c) Contentment
  - d) Deep relationships
  - e) Enjoyment (fun, party, games, hobbies, dancing, entertainment, etc.)
  - f) Faith (religion)
  - g) Goods and gifts

Reflect on the time and effort you have invested in each of the above areas to find joy. Identify the top three areas that bring you the most joy and time, and share what you have done in these areas.

3. Paul called the Philippian Christians his joy and crown (Philippians 4:1). Why do you think they gave him joy? Why are they his crown? Have you ever experienced joy from the family of God? What do you think Christians can do to bring joy to our spiritual family?

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#### Our Vision

To be disciples of Jesus Christ

#### Our Mission

To make disciples who love God, love one another and love the lost



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4. Read Philippians 4:6-7 and discuss its meaning. Have you personally experienced God's peace that surpasses all understanding? Share your experience if it is not too sensitive.
5. "What we dwell on can fuel our joy or drain it" – do you agree with this?

Philippians 4:8-9 encourages us to focus on things worthy of praise. What are some examples of things that are true, noble, right, pure, lovely, admirable, excellent, or praiseworthy?

6. Two popular verses in Philippians 4 are used by many Christians, but their meanings in the original contexts differ from their current usage.

Look at verses 13 and 19 within the context of Philippians 4 and discuss what they should actually mean. (Note: we can still use these two verses in popular ways because we can find other scriptural evidences for such usage.)

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