



HILL COUNTRY

BIBLE CHURCH

Cultivating Joy In 2020

Philippians 4:4-9

1. Replace anxiety with prayer.
2. Nourish your mind with noble thoughts.
3. Build biblical habits into your life.

MY APPLICATION

Use the following questions this week to reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family, friends, or small group.

1. What were some of the highs and lows for you in 2019?
2. Read Philippians 1:12-26. What reasons did Paul have to be negative? How does he maintain joy? (See Philippians 4:4)
3. As you consider Paul's challenge in Philippians 4:6-9, what are some areas of growth for you in 2020?
4. What are some habits you could adopt in 2020 to be more like Jesus?

MEMORY VERSE

"Rejoice in the Lord always. I will say it again: Rejoice!"

Philippians 4:4