



1

I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy



Philippians 1:3, 4 (NIV)



2

Discuss



- Paul expresses *joy*. How would you describe the difference between *happiness* and *joy*?
- You've probably heard the description of how to have **JOY** ... keep things in this order of priority; **J**esus, **O**thers, **Y**ourself Why or how do you think this works?
- Paul did not give thanks for things; he gave thanks for *people*. Why is that important?



3

Pray



- Thank God for people in your life who help and encourage you, people who bring joy.
- Ask God to help you keep the right priority in your life for true **J-O-Y**.
- Pray for people you know who do not seem to have joy in their lives. Pray that they will learn how knowing Jesus can give them joy.



4