

(Philippians 4:4-5)

Introduction: Our world's default setting towards Christianity is skepticism and unbelief, often for good reason.

> We owe them convincing evidence to back up the claims that we are thinking "right-side up".

# How Can We Prove We're Thinking "Right-Side Up"?

1. Express Your DELIGHT in Jesus. (4:4)

\*How do we express our DELIGHT? A combination of...

-WORDS. AND...

-MOTION.

-Some suggestions:

\*But what if my life stinks? Do I just fake it?

-Key Phrase: "IN THE LORD"

2. Create a SAFE PLACE for the hurting. (4:5)

#### Closing Questions:

- Can the people in your world see that you delight in Jesus even when your circumstances are difficult?
- Can the people in your world trust you enough to come to YOU when they're in trouble because they know that you will treat them fairly and gently?



Debrief Plan: 4/22/2018

#### Icebreakers:

- 1. What can make you LITERALLY jump up and down with delight?
- 2. Who was the best boss you ever had? What made them the best?

**Sermon Summary**: It's on US as Christians to back up our claims of seeing life "right-side up." We can do this by expressing our delight in Jesus even when our circumstances are terrible, and by creating safe places for hurting people to run to when they are in trouble. These kind of choices make our testimony of Jesus's greatness very compelling to the watching world.

## Discussion Questions: (Read Philippians 4:4-5 together.)

- 1. Can you think of an example of how Christians have hurt their own credibility in front of the watching world?
- 2. Read Matthew 7:21 & 1 John 3:16-18. Is it surprising to see God being skeptical or cynical about the claims of His people? Why or why not?

# \* Express Your Delight in Jesus

- 3. What about Jesus creates delight in your inner being?
- On a scale of 1-10, how comfortable are you expressing your delight in Jesus with words? How comfortable are you expressing your delight in Jesus with motion? Are the two numbers far apart? If so, why is that?
- 5. Role play for a second...how could you express your delight in Jesus in a natural, non-weird and non-awkward way in a conversation with someone who doesn't know Jesus personally?
- 6. Why do we tend to delight in things OTHER THAN Jesus?
- 7. Can you remember a time you got "carried away" in expressing your delight in Jesus? What did that look like for you?

### \* Create a Safe Place for the Hurting

- 8. What is your favorite story of Jesus creating a safe place for someone who is hurting?
- 9. How have Christians developed the reputation with many people of being the last group they would turn to if they were in trouble?