

Next Steps “Next Steps” are ideas and opportunities to help you go deeper in your faith. They are different each week and linked to Sunday's message. Below you'll find scriptures to read, questions for reflection, practices to try and opportunities to take action, all to help you become more like Jesus in your relationships with God, the Church, and the world.

Joy in Adversity – Rejoice Always

April 28, 2024

Read **Philippians 4**

Gratitude can bring joy.

Cultivate a lifestyle of gratitude.

Focus on all that is good. Philippians 4:8-9

Take time to count your blessings each day this week.

Share your list of blessings with others.

Know that all will be well. Philippians 4:11-13

Why was Paul not worried or anxious? **Philippians 4:6-7**

How does worry steal our joy?

What kinds of things do you worry about?

How does Jesus tell us to deal with worry? **Matthew 6:25-33**

God is always with you. Philippians 4:4-5, Romans 8:31-32

When do you experience the Lord being near to you?

When does He feel far away?

How might you feel God's presence more consistently?

Next Steps to experiencing joy in gratitude

1. Be mindful of those who are making a difference in your life. Take time each day to think of someone who is important in your life. Give thanks for them. Pray for them.
2. Do something - say “thank you.” Send a thank you note. Express your thanks and appreciation in some tangible way.