

Daily Grace

Philippians 4:4-9

EXPLORING THE SERMON

- * What did you hear?
- * What did you think or feel about what you heard?
- * What is one thing you can take away from the sermon this week?

KEY VERSES

⁴ Rejoice^[a] in the Lord always; again I will say, Rejoice.^[b] ⁵ Let your gentleness be known to everyone. The Lord is near. ⁶ Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about^[c] these things. ⁹ As for the things that you have learned and received and heard and noticed in me, do them, and the God of peace will be with you.

REFLECTION

Sometimes the annoyances we experience in our daily lives feel like problems that have singled us out for special attention. **When this happens to you, what is typically your attitude?**

Psalm 118 is a psalm that can instantly deliver us from our feelings of being put upon by life. It reminds us that as Christians we have the gift of looking at daily life in a special way and helps us overcome our negative impulses: "this is the day the Lord has made, let us rejoice and be glad in it." Nothing can keep us from rejoicing in the day that God has given us, whether the day brings delight or drudgery. **What mighty acts of God can you celebrate in your life to help you remember this more intentionally?**

When we allow God to enter the dailyness of life, we can better see signs of his grace and glimpses of his kingdom here on earth. Paul helps us remember to set our minds on the good things of life, and not focus on the negative, by dwelling on what is *true, honorable, just, pure, pleasing, commendable...*

What tough situation might you be facing right now that you need to shift your focus from "God please rescue me from this," to "God, I see you in the midst of this and want to join you in navigating it?"

In the day in and day out of our lives, a daily faithful performance of our present duties must shine - and if it doesn't, we don't have the right to tell the world that Jesus makes a difference in our lives (Stephen Murray). **Where do you need to ask God to meet you in your daily routine - the humdrum, the anxiety, the failures - so you can rejoice exactly where you are, and be content in the day he's given you?**