

Rejoice in the Lord Always

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Understanding Joy and Peace in Christ

Name: _____

Date: _____

Answer the following questions based on the lesson about joy and prayer from *Philippians*.

1. What did we learn about joy today from *Philippians* 4:4-7?

2. According to the lesson, what helps us overcome anxiety?

- A. Talking to friends
- B. Prayer and thanksgiving
- C. Ignoring our worries

3. Paul wrote the letter to the *Philippians* while he was in prison.

True False

4. God's peace is bigger than our ____.

5. How can we choose joy this week? Give one example.

6. What should we do in everything according to *Philippians* 4:6?

- A. Be anxious
- B. Pray and give thanks
- C. Worry about our problems

7. Prayer does not help us when we are feeling scared.

True False

8. *Philippians* 4:13 says, 'I can do all this through him who gives me ____.'

9. Why is it important to let our gentleness be known to all men?

10. What did Paul emphasize about joy in the letter to the *Philippians*?

- A. Joy is automatic
- B. Joy is a choice
- C. Joy is only for happy times

Answer Key

1. We learned that joy is a choice we make, and it is important to rejoice in the Lord always, even during hard times. 2. Prayer and thanksgiving 3. True 4. problems 5. We can choose joy by focusing on the good things in our lives and thanking God for them. 6. Pray and give thanks 7. False 8. strength 9. It shows others the love of Christ and helps create a peaceful environment. 10. Joy is a choice