

JoyBOMB

Part 4: Joyful Endurance

Connect

What is your pain tolerance? Take some time to share a funny story about how you handle pain.

Grow

Read **Philippians 3:12-21 (NLT)**

1. How did Jon describe a child's perspective?
2. How would you describe your perspective? Is it natural or challenging for you to have an eternal perspective on life?
3. Read **Philippians 3:12-14**. What are some of the mistakes, failures, or regrets that hold you back? What would it look like for you to take a step forward in one of those areas?
4. Jon said we are all fluent in the language of suffering. How is that true? How should that impact our relationships and interactions?
5. Coach Mingione recently said, "The same boiling water that hardens an egg, softens a potato." How can you apply that quote to the hardships in your life?
6. When it comes to the pain in your life, are you more prone to becoming bitter or better?
7. Read **Psalms 24:1** and **Psalms 2:10-12**. If God is in control, then how should we live? How should we view our pain?
8. How does grasping for control of your life and world events keep you from experiencing joy?
9. How have you seen God carry you during a season of your life? How do you see Him carrying you now?

Pray

Take time to ask God to help each of you have an eternal perspective. Pray that each of you would be able to see that He is in control. Ask him to make your "biblical joy a defiant nevertheless" (Karl Barth).

Next

What is one source of anxiety or fear that you can eliminate this week? Write Psalm 24:1 on a note-card and put it somewhere you can see every day to remind you who is in control!