



Celebrate God's Goodness Philippians 4:4; Psalm 103

Rejoice **in the Lord** always. I will say it again: Rejoice! Philippians 4:4

Biblical example: Psalm 103

Bless the LORD, my soul;
All my inmost being, bless His holy name. Ps 103:1

WHAT DO I "BLESS" THE LORD FOR?

1. God's _____

Bless the LORD, my soul,
And **forget not all his benefits**
He forgives all your sins
and heals all your diseases. Psalm 103:2,3

He **redeems** your life from the pit
And crowns you with love and compassion
He **fills** your life with **good things**.
Your youth is renewed like the eagle's! Psalm 103:4,5

2. God's _____

The Lord...revealed his character to Moses...
The LORD is **compassionate and gracious**,
slow to anger, and abounding in love. Psalm 103:7,8

He will **not constantly accuse** us,
nor **remain angry** forever.
He does **not punish us** for all our sins;
he does **not deal harshly** with us, as we deserve. Psalm 103:9,10

He has **removed our sins** as far from us
as the east is from the west. Psalm 103: 12

3. God's _____

The Lord has made the heavens his throne;
from there **he rules over everything**. Psalm 103:19

QUESTIONS

For group discussion or personal reflection

CONNECT

When thinking about your life do you tend to be a glass-half-full or a glass-half-empty type of person? Why do you think that is?

ENGAGE

1. This week both Rene's sermon and the three related chapters in Max Lucado's book tie into Philippians 4:4. Read that verse out loud. What fresh insight did you get into this verse this week?
2. Describe someone in your life who embodies what it means to "rejoice in the Lord always." What does this person do or say to exude that characteristic?
3. Read Psalm 103:1-5. Why do you think David has to tell himself to think of the blessings or benefits of God?

List some of the "benefits" of God to you:
4. Read Psalm 103:9-18. How great is God's love for you according to verse 11? How far has he removed your sin from you, according to verse 12? How can believing this help your anxiety?
5. Read Psalm 103:19. How can resting in God's sovereignty help with anxiety? Why is this sometimes difficult?

APPLY

This week, what one step are you going to take to better rejoice specifically "in the Lord"?

PRAYER

Ask your group or family members what one thing is causing them the most anxiety right. Commit to praying about that for them. Remember, feeling anxiety is normal. But you don't have to be controlled by anxiety. God has peace for you.

We designed this series to connect with Max Lucado's book "Anxious for Nothing". To get a book and join a small group, go to tlc.org/calm