



JOURNAL  with ME



Mother/Daughter
Devotional Study on

PHILIPPIANS 4:4-9

Preteen & Teen
Girls

Weekly Conversations With You And Your Girl

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Rejoice in the Lord *always!*

Let your *gentleness* be evident to all.

Do not WORRY about anything.

With THANKSGIVING present your requests to GOD.

The *peace* of God will guard your *hearts* and your minds in Christ.

Put these into *practice!*

Lesson ONE: Rejoice!

- Begin by reading **Philippians 4:4-9**.

I can think of no better way to begin *Journal with Me* than to start with Philippians 4:4. *“Rejoice in the Lord, I will say it again! REJOICE!”* I pray that you and your Mom are REJOICING today, because not only are you studying God’s Word together, but you have also chosen a really great spot to meet each week. (Hopefully it involves a cafe latte and your favorite breakfast food!)



Opening Discussion

- When hear the word, REJOICE, what is the first thing you think about? Was it the present you got for Christmas? Was it that championship season? What about the new clothes you just bought, your amazing math grade, or your new friend?

- Without looking, what do you think is the definition of REJOICE?

Definition: REJOICE

to rejoice, to be glad, rejoice exceedingly, to be well, to give one greetings, joy, joyful. feel or show great joy or delight, be pleased as punch, be on top of the world, over the moon, delirious . . .¹

The definition of REJOICE can mean many things. Which one is your favorite? I personally liked “pleased as punch!” When we look at the definition in the context of our passage, we discover that rejoicing means to be **exceedingly joyful**. If we look even **deeper** into this passage, we find that the one who is telling us to be JOYFUL is in prison! The apostle Paul was under “house arrest” because of his faith in Jesus. House arrest simply means that Paul was not allowed to leave his house in Rome, however, he could still be involved in his ministry by writing letters to encourage believers in Jesus. Philippians is a letter written by Paul “to strengthen them (the people living in Philippi) in the **hope** and **joy** that was theirs in Christ.”²

Paul’s faith shows us that we can **rejoice always** even when life is not going the way we planned. Why? Rejoicing is a **choice** we make and here’s the key (and a quick English lesson). Rejoice is a transitive verb. This means the verb is only complete with a **direct object**. What is the direct object in this verse? You got it! It’s the LORD. Although it’s good to rejoice in many things, the **key** to rejoicing in ALL things is to make the LORD the direct OBJECT of our joy.

QUESTIONS Together

1. What makes you happy?

2. When have you found it hard to be joyful?

3. Who is the direct object of your joy (be honest)? What happens when the things that make you “happy” become the object of your joy? Why is it important to have God as the object of your JOY?



“Always be FULL
of joy
in the Lord,
I say it again!
Rejoice!”

Philippians 4:4 (NLT)

Did you KNOW?

Did you know there is a difference between being joyful and being happy? Being “happy” depends upon your “happen-ings” or your circumstances.

For example, I am HAPPY because my awesome mom took me to breakfast this morning. I am not happy this morning because my dog slobbered on my report, and I couldn’t find my favorite shoes. REJOICING is not dependent on what is happening around you. We can be FULL of JOY, even when we don’t feel happy, because our JOY is deeply rooted in God’s promises—NOT in our circumstances.

- What is the difference between being “happy” and being “joyful?”

Scripture Search

Is it possible to “ALWAYS be FULL of Joy in the Lord” Philippians 4:4 (NLT)? It’s **only** possible when you CHOOSE to be JOYFUL. It’s easy to get upset when your plans don’t work out, isn’t it? It’s easy to fall into “pity parties.” Notice what the verse says, “Rejoice **IN** the LORD.” He is the **object** of our rejoicing. When life gets difficult, **choose** to believe God has a reason for all things. You have a reason to be joyful because you KNOW God has a GOOD plan for you. He promises to be near to you. He is your personal God, and He has called you by name.

- Have you ever felt like God didn’t care? Read Jeremiah 29:11.
What is God’s promise for you? How can YOU rejoice even when life is difficult?

- What promises are found in Isaiah 43:2-3 about circumstances that we cannot control? Underline the words that are most important to you in this passage.

“Don’t be afraid, I’ve redeemed you.
I’ve called your name. You’re mine.
When you’re in over your head, I’ll be there with you.
When you’re in rough waters, you will not go down.
When you’re between a rock and a hard place,
it won’t be a dead end—
Because I am God, your personal God,
The Holy of Israel, your Savior.
Isaiah 43:2-3 (MSG)

Are you going to be afraid when life becomes difficult, or are you going to find **strength** in the LORD? We can **REJOICE** always because His love for us will never change. His love for us will never be taken away. THIS is a promise worth rejoicing!



• Can anything separate you from God’s love? Read Romans 8:35, 37-38 from the New Living Translation (NLT).

“Can anything ever separate us from Christ’s love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? No, despite all these things, **overwhelming victory** is ours through Christ, who loved us.

And I am convinced that **nothing** can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow —not even the powers of hell can separate us from God’s love.” (NLT)

• What truth does this verse reveal about God’s love? Is this promise true when we are going through a difficult time?

Four horizontal lines for writing a response to the reflection question.

We will have trouble in this world—it’s guaranteed. But, we can REJOICE because we **know** nothing can separate us from God’s love. Rejoicing is an **attitude** of our heart. We cannot control our circumstances, but we CAN control the way we respond to them. Let’s put our HOPE in Jesus and REJOICE in ALL things. The **overwhelming victory** is ours!



Main Lessons:

- 1. God needs to be the **DIRECT OBJECT** of your JOY.
- 2. Happiness depends on your circumstances.
Joy depends on your choice to **trust** in God.
- 3. God has a **PLAN** for you, and it is GOOD.
- 4. God has called you by name and is **ALWAYS** with YOU.
- 5. NOTHING can separate you from God’s **love** through Jesus.

Prayer: ♥

Thank you Lord for this sweet time together. We pray we would learn the meaning of REJOICING in YOU in ALL things. Please give us Your Spirit of JOY, even when life turns upside down.

We know YOU have a plan, YOU are with us, and YOU will never leave us.

Nothing can separate us from Your love. Strengthen us to REJOICE in You—always. Amen.



SNEAK PEEK:

The week, we will journal about:

- Rejoicing IN the Lord
- Rejoicing as a GREETING
- Rejoicing in our SUFFERING
- Rejoicing as a RESPONSE
- Rejoicing worth REPEATING

JOURNAL TIP:

- What do you do when you have a hard day and don't feel like rejoicing? I like to write down my **blessings**. From the ability to breathe, smile, and eat, to the house I live in, my health, my friends, and my family. What are you thankful for today?



• Write down the Top TEN BLESSINGS in YOUR life:



♥ MOMS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



♥ DAUGHTERS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Prayer Requests:

date: _____





JOURNAL with ME is a Bible study/devotional for mothers with preteen and teenage daughters. The study focuses on **six** verses in Philippians designed for you to grow deeper in God's Word and deeper in your relationship together. **ONE *JOURNAL with ME*** is shared as a mother/daughter team and then passed back and forth during the week to answer the devotional questions.

Here's how it works:

1. Find a favorite time and place to meet each week. Allow at least 30-45 minutes. Complete the first lesson together and discuss the questions.
2. Between lessons, pass the journal back and forth to answer the "journal time" questions.
3. Each session is divided into five lessons, including your time together. This is a special time to write down your thoughts and begin building a lifelong relationship together.
4. **EACH LESSON includes ONE or more of the following:**
 - a challenge
 - a memory verse
 - an art project or
 - a service idea to experience together.
5. Meet again at your "special spot" and begin the next segment.

As a Mom of two girls and two boys, I know how **BUSY** life can be. It is only in the purposeful times of **slowing down** and studying God's Word that we discover the amazing truths He has for us. Life can be hard, and we need to be equipped for the challenges ahead. ***JOURNAL with ME*** is an **excellent** way to start. What could be better than studying God's Word as a mother/daughter team?

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