

23rd Sunday after Pentecost ~ Sunday, November 17, 2019

“Joy Ride: A Study of Philippians ~ Joyful Peace”

Philippians 4:1-13

Many medical experts argue that coping with _____ is the #1 health priority of our day.

We all experience stress at different times in our lives—it’s _____. However, it doesn’t have to _____ us—it’s doesn’t have to win.

“Rejoice in the Lord always; again I say rejoice!” (Philippians 4:4)

Much of life is out of our _____; however, Paul tells us that an attitude of _____ is something that we can have _____ over—we can choose to live joyfully or not!

“If you do these things you will experience God’s peace which is far more wonderful than the human mind can understand.” (Philippians 4:17)

“peace that passes understanding” = When we’re in a situation where we have no _____ reason to be at peace—when we’re in total _____, we’re melting down, and everything is going wrong at the same time—and yet we’re at _____ inside.

Like joy, the peace that passes all understanding isn’t dependant on our _____, it’s something that God gives. In fact, Paul says it’s a _____.

There are countless _____ in Scripture; however, many of them come with a _____. “If you do this, I’ll do this.”

_____ and joy go together—you can’t have one without the other! And the more peace we have within ourselves, the more joyful we’ll be.

EXPERIENCING GOD’S PEACE

#1. **Don’t** _____.

The word ‘worry’ comes from an Old English =

“Do not worry about anything.” (4:6)

He leaves no wiggle room; he doesn’t give any _____ or exemptions—no situation where it’s _____ for us to worry.

“Therefore I tell you, do not worry about your life, what you’ll eat or drink or about your body or what you will wear.” (Matthew 6:25-34)

4 REASONS NOT TO WORRY

• **Worrying is** _____.

“Isn’t life more important than food. Isn’t the body more important than clothes.” (Matthew 6:25)

Often, we worry about things that don’t really _____ in the big picture.

Worrying is unreasonable because it only _____ the problem, making it bigger, not smaller. It also doesn’t _____ anything; it’s stewing without doing. To worry about something we can’t change is _____; and to worry about something we can change is a waste of _____—just do it!

• **Worrying is** _____.

“Look at the birds of the air. They don’t sow or reap or store away in barns and yet your Heavenly Father feeds them. Are you not more valuable than they?” (Matt 6:26)

Worrying isn’t part of God’s original _____—we weren’t born with it—it’s a habit that we _____. And if we learned it, we can _____ it!

• **Worrying is** _____.

“Who of you by worrying can add a single hour to their life?” (Matt 6:27)

Worrying is worthless—it doesn’t _____ anything, nor can it move us one inch closer to resolution. It can’t _____ our past or _____ our future. All it does is _____ the present. The only thing that worry changes is our _____—it makes us miserable, anxious, and afraid.

• **Worrying is** _____.

“If that’s how God clothes the grass of the field which is here today and tomorrow is thrown into the fire, will He not much more clothe you, oh, you of little faith?” (Matt 6:30)

We don’t have to worry because God promises to _____ all our needs.

“And my God will fully satisfy every need of yours according to His riches in glory in Christ Jesus.” (Philippians 4:19)

It all comes down to _____. Do I really _____ God? Do I really believe that He’s _____; that He loves me; and wants what’s _____ for me? Do I really believe that He’s faithful to keep His promises?

Instead of worrying and being anxious, we need to _____ God and take life one day at time.

“An anxious heart weighs a person down.” (Proverbs 12:25)

“A heart at peace gives life to the body.” (Proverbs 14:30)

Have you ever felt like you were being pulled down by worry?

What kind of heart do you have?

#2. _____.

“...instead, pray about everything. Tell God what you need...” (4:6)

In fact, if we spent more time _____, we’d have a lot less to worry about.

“Pray about everything” - Nothing is too small or _____ to bring to God. God _____ about every area of our lives, and He wants us to come to Him, as a child goes to a loving parent.

“Since God did not spare even his own Son but gave him up for us all, won’t he who gives us Christ also give us everything else we need?” (Romans 8:32)

In Jesus’ death and resurrection, God solved our biggest _____: _____—everything else is small by comparison. And if God loved us enough to die for our sins, we need to trust that He _____ us enough to help us with our health, relationships, and finances.

“Cast all your burdens on the Lord, because he cares for you.” (1 Peter 5:7)

Cast = *erpiipto* =

We don’t have to be shy or sheepish; awkward or _____ when we pray—we can come to God _____.

“Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.” (Hebrews 4:16)

Instead of worrying and being anxious, we need to _____ our cares and concerns to God.

“You do not have because you do not ask.” (James 4:2)

Do you have? Have you asked?

#3. Be _____.

“...and thank him for all he has done.” (4:6)

One of the central characteristics of the Christian life is _____.

THANKS GIVING REQUIRES...

• _____.

We need to intentionally stop and take the time to _____ our blessings, lest we take them for _____, or even worse, focus on what we _____ have, instead of what we have.

• _____.

Our thanks giving often centres around _____ things; however, we need to go deeper.

• _____.

Being thankful is a state of being—an attitude of the _____—that grows out of our relationship with Jesus and what He’s _____ for us. As we read in

“For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord.” (Romans 6:23)

Instead of what we _____, God gives us _____. As such, we’re called to display an attitude of _____ in all we say and do.

“Give thanks in all circumstances, for this is God’s will for you in Christ Jesus.” (1 Thessalonians 5:18)

“Give thanks” = showing gratitude, _____, recognition, and praise. It means giving _____, where credit is due.

“in all circumstances” - **In = *pos* =**

We can give thanks “*in* all circumstances” because we know that God’s in _____, and that He can _____ any situation we find ourselves in. (P) Instead of worrying and being anxious, we need to count our _____ and have an attitude of gratitude.

How has God blessed you? How thankful are you?

#4. Change your way of _____.

“Finally, beloved, whatever is true, whatever is honourable, 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 these things.” (4:8)

It’s all about _____—where we’re looking and what we’re _____. This is extremely important because the war against stress is fought largely in our _____.

“You Lord will keep in perfect peace all who trust in you, whose thoughts are fixed on you.” (Isaiah 26:3)

What we _____ about determines how stressed or worried we are; and so, if we fix our thoughts on God, He promises to keep us in perfect _____.

Instead of worrying and being anxious, we need to think about _____ things.

“...let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.” (Hebrews 12:2)

Where are your eyes fixed? What thoughts occupy your mind?

#5. Be _____.

“...for I have learned to be content with whatever I have. I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need.” (4:11-12)

Contentment isn't laziness; _____, complacency, or _____. It is being _____ with where we're at; it's _____ what we have right now rather than waiting for something else to happen in order for us to be happy. It's the opposite of _____. = “When and _____ thinking.

TWO IMPORTANT THINGS ABOUT CONTENTMENT

- **It's _____.**

It doesn't come _____ to us and needs to be developed and nurtured.

- **It's _____ of our circumstances.**

No matter what was happening to him; no matter what he had or didn't have; in poverty or luxury, well-fed or hungry, Paul was _____.

THREE WAYS TO DEVELOP CONTENTMENT

- **Stop _____.**

Discouragement and _____ are two things that can knock us out of life. We are all _____ and God wants us to be ourselves.

- **Stop thinking _____ is better.**

Our value isn't based on our _____ and our self worth isn't based on our _____ worth.

It's based on who we are and not on what we _____. Instead of finding our value, worth, and security in things, we need to find them in _____.

- **Learn to _____ without having to _____.**

We don't have to have the _____ this and the latest that to be happy

“Keep your lives free from the love of money, and be content with what you have; for he has said, ‘I will never leave you or forsake you.’” (Hebrews 13:5)

How content are you? Are you happy with what you have?

These five strategies are easy to _____, but they're not so easy to _____. How do we get the _____ to do these things that promise to reduce our stress, safeguard our joy, and bring us a sense of inner peace?

“I can do all things through Christ who strengthens me.” (4:13)

The reality is, we can do very little in our own _____. However, Paul is clear here that there's _____ we can't do through the strength of Christ.

Notes: