

Overcoming Sadness and Depression

The Recipe for a Joy-filled Life

Pastor Chris Engel – July 19th, 2026

Philippians 1:1-11 (NIV)

¹Paul and Timothy, servants of Christ Jesus, To all God's holy people in Christ Jesus at Philippi, together with the overseers and deacons: ²Grace and peace to you from God our Father and the Lord Jesus Christ.

³I thank my God every time I remember you. ⁴In all my prayers for all of you, I always pray with joy ⁵because of your partnership in the gospel from the first day until now, ⁶being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. ⁷It is right for me to feel this way about all of you, since I have you in my heart and, whether I am in chains or defending and confirming the gospel, all of you share in God's grace with me. ⁸God can testify how I long for all of you with the affection of Christ Jesus. ⁹And this is my prayer: that your love may abound more and more in knowledge and depth of insight, ¹⁰so that you may be able to discern what is best and may be pure and blameless for the day of Christ, ¹¹filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

- **Joy is the byproduct of trusting God completely.** (vs. 3-6; John 15:9-11)

"Joy is the serious business of Heaven." ~ C. S. Lewis

- **Do you trust God with your past, your present, and your future?** (vs. 6; Hebrews 12:1-3; Matthew 4:18-20)

"Never be afraid to trust an unknown future to a known God." ~ Corrie ten Boom

- **Surrender your entire being to God.** (vs. 1-2, 7-11; Matthew 16:24-25 Romans 10:9)

THE RELATIONSHIP RECIPE:

- **God as Father** (*I surrender my identity because I know I am loved.*)
- **Jesus as Lord** (*I surrender my will because He has the right to lead my life.*)
- **Joy grows where Christ reigns** (*The more of yourself you surrender to Christ, the more of His joy you experience.*)

"To be loved but not known is comforting but superficial. To be known and not loved is our greatest fear. But to be fully known and truly loved is, well, a lot like being loved by God. It is what we need more than anything."

~ Timothy Keller