

The Gathering: Overcoming Worry , November 29, 2025

I. Introduction-

A. The challenge-

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Phillipians 4:4

Rejoice; chairō, to be exceedingly glad, to thrive and be well

Reasonableness; epieikēs , it expresses looking rationally at the facts of a case

Anxious; merimnaō, to be troubled with cares, about a thing or about ourselves

B. Background-

62 A.D. -Paul and Timothy, servants of Christ Jesus, To all the saints in Christ Jesus who are at Philippi, Grace to you and peace from God our Father and the Lord Jesus Christ. Phillipians 1:1-

The crowd joined in attacking them, and the magistrates tore the garments off them and gave orders to beat them with rods. And when they had inflicted many blows upon them, they threw them into prison, ordering the jailer to keep them safely. Having received this order, he put them into the inner prison and fastened their feet in the stocks. Acts 16:11

49 A.D. -About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them, and suddenly there was a great earthquake, so that the foundations of the prison were shaken. And immediately all the doors were opened, and everyone's bonds were unfastened. --- And the jailer called for lights and rushed in, and trembling with fear he fell down before Paul and Silas. Then he brought them out and said, "Sirs, what must I do to be saved?" Acts 17:25

Street creds = acceptability among people with experience and knowledge of modern urban life, especially its difficulties or dangers.

II. Rejoice in the Lord always; again I will say, rejoice In Christ Jesus

Live it out-

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand, Phillipians 4:4

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. Do not quench the Spirit. I Thessalonians 5:16

Reasonableness; epieikēs , it expresses looking rationally at the facts of a case

Rejoice; chairō, to be exceedingly glad, to thrive and be well

A. The good news of the first Christmas is the same for Christmas 2025-

1. Jesus takes on a human body and born as baby to be our Savior, our Christ and our Lord-

The angel said to them, "Fear not, for behold, I bring you good news of great joy that will be for all the people. For unto you is born this day in the city of David a Savior, who is Christ the Lord. And this will be a sign for you: you will find a baby wrapped in swaddling cloths and lying in a manger." And suddenly there was with the angel a multitude of the heavenly host praising God and saying, "Glory to God in the highest, and on earth peace among those with whom he is pleased! Luke 2:8

Savior;|sōtēr, deliverer, who will deliver us from the control of Satan, and will make atonement for our sins

Christ;|christos, the anointed Messiah

Lord; kyrios , title given to God who controls all things

2. God demonstrates His love for each of us-

For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him. John 3:16

God shows (demonstrates) his love for us in that while we were still sinners, Christ died for us. Since, therefore, we have now been justified by his blood, much more shall we be saved by him from the wrath of God. For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life. Romans 5:8

Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me. John 14:6

Shows; synistēmi, demonstrates, to show, prove, establish, exhibit

B. Our new identity is found "In Christ Jesus"-

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Phillipians 4:4

Giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light. He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins. Colossians 1:12

1. Our position and relationship as followers and disciples is now in Jesus Christ-

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Ephesians 2:8

2. We are invited to abide in Christ and in His word-

If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. By this my Father is glorified, that you bear much fruit and so prove to be my disciples, John 15:7

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God. Colossians 3:1

Abide; to remain, to be connected as a branch is connected to a vine

III. Let your reasonableness (Rationality) be known to everyone.

Rejoice in the Lord always; again I will say, rejoice. **Let your reasonableness be known to everyone.** The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Phillipians 4:4

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Romans 12:2

Reasonableness; epieikēs, it expresses looking rationally at the facts of a case

Conformed; sychēmatizō, to conform one's self (i.e. one's mind and character) to another's pattern

Transformed; metamorphoō, to change into another form, to transform, to transfigure

A. Overcome fears, worry and anxiety with truth based facts and truth-

Now faith is the assurance of things hoped for, the conviction of things not seen. For by it the people of old received their commendation. And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him. Hebrews 11:1 & 6

Jesus said to the Jews who had believed him, "If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free. John 8:31

"Facts are stubborn things; and whatever may be our wishes, our inclinations, or the dictates of our passion, they cannot alter the state of facts and evidence". John Adams, the second U.S. President.

B. Be seekers of truth-

1. Check it out-

Thomas, one of the twelve, -- said to them, "Unless I see in his hands the mark of the nails, and place my finger into the mark of the nails, and place my hand into his side, I will never believe." Eight days later, his disciples were inside again, and Thomas was with them. Although the doors were locked, Jesus came and stood among them and said, "Peace be with you." Then he said to Thomas, "Put your finger here, and see my hands; and put out your hand, and place it in my side. Do not disbelieve, but believe." Thomas answered him, "My Lord and my God!" Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have believed. John 20:24

"My heart cannot rejoice in what my mind rejects." Josh McDowell.

<https://www.orcuttchristian.org/The%20New%20Evidence%20That%20Demands%20a%20Verdict%20-%20Josh%20McDowell.pdf>

https://cdn.subsplash.com/documents/74GPWZ/_source/831ab31e-e3e8-443b-a36e-c838b5c8986e/document.pdf

2. Have no fear-

Have no fear of them, nor be troubled, but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect, having a good conscience, so that, when you are slandered, those who revile your good behavior in Christ may be put to shame. I Peter 3:15

Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord. Ephesians 6:4

C. Perfect love that is demonstrated casts out all fear and anxiety-

We have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him. By this is love perfected with us, so that we may have confidence for the day of judgment, because as he is so also are we in this world. There is no fear in love, but perfect love casts out fear. I John 4:16

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. Romans 8:38

C. Truth removes fear anxiety and worry-

Fear; False Evidence, Appearing, Real

The serpent said to the woman, "You will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." Genesis 3:4

There is a way that seems right to a man, but its end is the way to death. Proverbs 14:12

In those days there was no king in Israel. Everyone did what was right in their own eyes. Judges 21:25

Irrational: not governed by reason or facts.

Feelings: an emotional state or reaction

IV. Summary and application-

Live it out-

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you. Phillipians 4:8

We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus also may be manifested in our bodies. II Corinthians 4:8