

## ***Joy in a World of Worry***

**What are you worried about today? We live in a worrisome world.** Life is not always fair. Life is not always easy. Life doesn't always go the way we want. And all of us, at times, can slip into worry. And yet... Jesus told us something remarkable. In Matthew 6 He said, "*Do not worry.*" Of all the thieves of joy, perhaps the greatest thief of joy is **worry**. Philippians 4 gives us **God's antidote to worry**.

### **IN A WORLD FULL OF WORRY, CHRISTIANS CAN STILL HAVE JOY.**

**I want to show you five areas of life we tend to worry about — and how God teaches us to overcome each one with joy.**

**Area #1 - The People We Love:** People we love can make us worry, but Christians can overcome that worry with joy.

*Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.*

1. **Keep loving them.** (*my brothers, whom I love and long for,*)
2. **Keep cheering them on.** (*my joy and crown*)
3. **Keep pointing them to the Lord.** (*stand firm thus in the Lord*)
4. **Keep telling them what they mean to you** (*my beloved*)

**Area #2 - Relational Conflict:** Relational conflict makes us worry, but Christians can overcome that worry with joy.

*2 I entreat Euodia and I entreat Syntyche to agree in the Lord. 3 Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life.*

1. **Choose to agree in the Lord.** (*to agree in the Lord*)

**2. Be willing to receive help.** (*Yes, I ask you also, true companion, help these women*)

**3. Remember God's work in their lives.** (*who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers*)

**4. Remember you're part of the same family.**  
(*whose names are in the book of life*)

**Area #3 - Wild Thoughts:** Thoughts that run wild can make us worry, but Christians can overcome that worry with joy.

*4 Rejoice in the Lord always; again I will say, rejoice.*

*5 Let your reasonableness be known to everyone. The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*

*7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. 8 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. 9 What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.*

**1. Remember God.** (*Rejoice... the Lord is at hand*)

**2. Pray about everything.** (*in everything by prayer... let your requests be made known...*)

**3. Renew your mind.** (*whatever is true... think on these things*)

**4. Follow godly examples.** (*what you have learned and seen in me—practice these things*)

**Area #4 - Financial needs:** Money can make us worry, but Christians can overcome that worry with joy.

*10 I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. 11 Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. 12 I know how to be brought low, and I know how to abound. In any*

*and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. 13 I can do all things through him who strengthens me. 14 Yet it was kind of you to share my trouble. 15 And you Philippians yourselves know that in the beginning of the gospel, when I left Macedonia, no church entered into partnership with me in giving and receiving, except you only. 16 Even in Thessalonica you sent me help for my needs once and again. 17 Not that I seek the gift, but I seek the fruit that increases to your credit. 18 I have received full payment, and more. I am well supplied, having received from Epaphroditus the gifts you sent, a fragrant offering, a sacrifice acceptable and pleasing to God. 19 And my God will supply every need of yours according to his riches in glory in Christ Jesus. 20 To our God and Father be glory forever and ever. Amen.*

**1. Trust God's timing.** (*..had no opportunity*)

**2. Money is not the answer to contentment.** (*In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need*)

**3. Gospel based generosity is fruit of God's work in you.** (*I seek the fruit that increases to your credit.*)

**4. Put God first, and He will meet your needs.** (*My God will supply every need...*)

**Area #5 - Longing for Belonging:** Loneliness can make us worry, but Christians can overcome that worry with joy.

*21 Greet every saint in Christ Jesus. The brothers who are with me greet you. 22 All the saints greet you, especially those of Caesar's household. 23 The grace of the Lord Jesus Christ be with your spirit.*

**1. Greet the family.** (*Greet every saint...*)

**2. Surround yourself with the family** (*The brothers who are with me greet you*)

**3. Invite others into the family.** (*especially those of Caesar's household*)

**4. Treat the family with grace.** (*The grace of the Lord Jesus Christ be with your spirit.*)