



SUNDAY JULY 5, 2020

# PHILIPPIANS

#JOY in our thoughts

*Therefore, my beloved and longed-for brethren, my joy and crown, so stand fast in the Lord, beloved.<sup>2</sup> I implore Euodia and I implore Syntyche to be of the same mind in the Lord. <sup>3</sup> And I urge you also, true companion, help these women who labored with me in the gospel, with Clement also, and the rest of my fellow workers, whose names are in the Book of Life.<sup>4</sup> Rejoice in the Lord always. Again I will say, rejoice!<sup>5</sup> Let your gentleness be known to all men. The Lord is at hand. <sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; <sup>7</sup> and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.<sup>8</sup> Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. <sup>9</sup> The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.*

**~ Philippians 4:1-9**

## FIVE THINGS WE MUST LEARN TO DO TO MAINTAIN OUR #JOY:

### 1. LEARN TO ATTACK ANGER IMMEDIATELY

*I implore Euodia and I implore Syntyche to be of the same mind in the Lord. <sup>3</sup> And I urge you also, true companion, help these women who labored with me in the gospel, with Clement also, and the rest of my fellow workers, whose names are in the Book of Life. ~ Philippians 4:2-3*

### 2. LEARN TO REJOICE IN ALL THINGS

#### Memory Verse

*Rejoice in the Lord always. Again, I will say, rejoice!*

**~ Philippians 4:4**

**REMEMBER IT'S A CHOICE TO REJOICE**

*Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty,<sup>18</sup> yet I will rejoice in the LORD! I will be joyful in the God of my salvation!<sup>19</sup> The Sovereign LORD is my strength!  
~ Habakkuk 3:17-19*

*How blessed is the man who does not walk in the counsel of the wicked, nor stand in the path of sinners, nor sit in the seat of scoffers! **But his delight is in the law of the Lord, and in His law he meditates day and night. He will be like a tree firmly planted by streams of water, which yields its fruit in its season and its leaf does not wither; and in whatever he does, he prospers.** ~ Psalms 1:1-3*

*Don't be dejected and sad, **for the joy of the LORD is your strength!**"  
~ Nehemiah 8:10*

### 3. LEARN TO ELIMINATE ANXIETY

Let your gentleness be known to all men. **The Lord is at hand. Be anxious for nothing.** ~ Philippians 4:5-6a

#### 4. LEARN TO PRAY ABOUT EVERYTHING

*Be anxious for nothing, **but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;**<sup>7</sup> and **the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.** ~ Philippians 4:6-7*

##### a. Allow the peace of God to guard your soul

You will keep in **perfect peace** all who trust in you, all whose thoughts are fixed on you! ~ Isaiah 26:3

#### 5. LEARN TO FOCUS ON THE POSITIVE.

*Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.<sup>9</sup> The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you. ~ Philippians 4:8-9*

##### **Next Steps:**

- Become a follower of Jesus
- Memorize Philippians 3:13
- Sign up for the summer Growth Track
- Fill out your digital Connect Card
- Honor God in your giving
- Invite a friend to join us in person or online for next week's service.