

## **A New Look at Philippians (Part 2)**

### ***Philippians 1:1-11***

#### I. Philippians is a book about...

##### A. Joy.

1. *Joy is a deep down confidence that all is well regardless of circumstances.*
2. *Joy, is an abiding feeling of peace, and calm, and tranquility, and contentment, and delight, and satisfaction that flows out of deep within because of the presence of God being imprinted on the soul, and the conscience being void of offense toward God.*
3. True joy is found only within a genuine relationship with Jesus Christ.
4. True joy is a gift from God through the Holy Spirit (Galatians 5:22).

#### II. Paul's circumstances and context.

##### A. Paul's second missionary journey.

1. Paul is in prison when he wrote Philippians.
2. Philippi is the first European Christian church in history.
3. Paul had a very special reciprocal love relationship with the Philippian church.
4. The letter is a "thank you" letter for the generous gift of support the church had sent Paul via Epaphroditus.

#### III. Relationships.

##### A. Joy through being grateful for the people in your life (verse 3).

1. The nature of man is to be critical of others.
2. Joy comes from being grateful of others.

##### B. The joy of praying with joy for the people in your life (verses 3-4).

1. What do I pray? (verses 9-11).
  - a. Pray that they will grow in love.
  - b. Pray that the people in your life will make wise choices.
  - d. Pray that they will become like Jesus.

##### C. The joy of expecting the best from others (verses 5-6).

1. It is normal to expect the worse from people.
  2. Paul's confidence in other Christians isn't because of them, it is because of the work God is doing in them (verse 6).
- D. The joy of affection for others (verses 7-8).
1. Paul loves with his mind and his heart.
  2. Most relational problems happen when one reacts with the head rather than the heart.
  3. "Affection" = (Gr) *splagchon* = one's deep inward parts, the internal organs (stomach, heart, liver, lungs, etc.).
  4. Our goal should be to love others like Christ loved us.
    - a. John 3:16

**For God so loved the world, that He gave His only begotten Son, that whosoever believes in Him shall not perish but have eternal life...**

- b. 1 John 3:16

**We know love by this, that He laid down His life for us; and we ought to lay down our lives for the brethren.**

## A New Look at Philippians: Part 2

### *Philippians 1:1-11*

Today we're going to finish last week's sermon.....

Last week we began what I hope to be a life transforming series on the apostle Paul's book of Philippians...[1 of 13 epistles...letters...] Philippians reveals to us how you can truly have joy in your life... continuous joy... real joy... a joy that each one of us desperately needs today...

A desire that most people say they are desperately wanting to be fulfilled today is to be happy...happiness... Philippians is about something far greater than happiness...as we saw last week... happiness... it is tenuous...its fleeting...fickle... you have it one day and maybe not the next...

Philippians is not really about "happiness"... it is about "joy"... ... I think it would be more accurate to say.... *Philippians is the most JOYFUL book in the Bible...because it is!*

I think there is a confusion with the difference between happiness and joy... **Happiness is an attitude of satisfaction or delight based upon some present circumstance....**there was unanimous agreement last week that today's circumstances aren't the greatest!

Happiness is completely based on circumstances where joy... joy...is not related to circumstances or chance at all... **joy is a deep down confidence that all is well... no matter what is going on in your life...no matter what comes at you...**

Here is a more complete definition

**joy, is an abiding feeling of peace, and calm, and tranquility, and contentment, and delight, and satisfaction that flows out of deep within because of the presence of God being imprinted on the soul, and the conscience being void of offense toward God.**

no matter what your circumstances are...no matter the difficulties... no matter the problem...you can be in a place in your life where you have a deep, deep sense that all is well... you can have joy... if you are filled with joy...it's immovable

Joy is known through your feelings...if you have joy you have feelings of great peace in your life.... later Paul says in chapter four that it is a peace that surpasses all your comprehension... it is greater than your ability to understand it all.... It is a peace that comes from God...

Along with peace are feelings of calm... you can be in the middle of a total catastrophe yet have a calmness about you...its unexplainable... because it is supernatural!... feelings of tranquility, contentment and delight regardless of the circumstances....

And as we will see... it flows out of deep within... why?... because of the work of the Holy Spirit within you!... as one commentator said.... *Joy flows out from within because of the Presence of God being imprinted on the soul....*

Joy is a gift from God... it is a result of your salvation... the moment you receive Jesus Christ as your Lord and Savior... God gives you the greatest gift in all the universe.... The Holy Spirit... The Holy Spirit resides in every believer... He is there to empower you to be the person that glorifies God... He is there to produce “fruit” inside of you that that results in a life that is glorious regardless of your circumstances.

Galatians 5:21 the fruit of the Holy Spirit is peace..... joy.....

### **Context**

Paul’s mission was to establish churches throughout the world... He had at least three missionary journey’s where he established churches... on his second missionary journey.... The Holy Spirit redirects Paul to a city in what is now Greece.... The city of Philippi...

Paul is really reaching out now...expanding his horizons as well as the church of Jesus Christ... Philippi is the first European church in history... the church Paul established is a very special church to Paul...Paul has an amazing love for this church at Philippi.... And they have a great love for him...[not that the church is without problems.... And not that the apostle Paul is without problems!.... but it is a very special relationship between the two....

Paul eventually leaves the church at Philippi due to some “political pressures”.... You can read about it in Acts 16.... About four years later... Paul on his third missionary journey ends up in prison.

Paul... as he writes this letter... he is a prisoner in Rome. He’s in chains. The church at Philippi heard about that..., and because of their love for him... they want to send to him a gift of love...something he vitally needs.... money....

You needed money in your account to live in prison... the criminal justice system in ancient Rome was significantly different than our own.... One chief difference is that our modern criminal justice system feeds and clothes those who are in prison...

while prisoners in the Roman Empire depended on the goodwill of family and friends to sustain them. Unless prisoners’ loved ones sent them money or food, these ancient inmates did not eat.

As we see in Philippians 4:10...

**10 But I rejoiced in the Lord greatly, that now at last you have revived your concern for me; indeed, you were concerned before, but you lacked an opportunity to act.**

The Philippians had been looking for a way to express their appreciation to Paul tangibly but had been unable to do so for quite a long time.... The Apostle’s imprisonment in Rome, although it could be viewed as a tragedy from a limited earthly perspective, was somewhat of a blessing for them because it gave them the opportunity to show forth their friendship again in sending money to help meet Paul’s need.

The church decides to send Paul some money for his accounts... The bearer of that gift is one of their congregation named Epaphroditus.... They send Epaphroditus with instruction, “*Give Paul this money to meet his needs and stay with him as long as he needs you to minister to him.*”

And so they send one of their choice men to be Paul’s personal servant, to bring the gift of love, and to be the living illustration of their love to him.

Well, when Paul received that gift from the Philippians, when Paul received Epaphroditus... the receipt of their love, and care, and generosity to him **opened the floodgates of joy in his heart**.... And he writes this letter back to say, “**I have so much joy.**

**[is that the letter we would write?]**

*Don’t worry about me; though I am a prisoner, that does not touch my joy, not at all.”* He is filled with joy.... And that’s a great lesson to learn. ***Trials don’t touch joy if it’s the joy of the Spirit in a Spirit-filled life.***

Trials, in fact, may become occasions of deeper joy, because they cast the believer totally off his circumstances and onto his God.... And it’s in that relationship, its depth, that real joy is found. William Kelly wrote,

*“Think of him in prison for years, chained between two soldiers, debarred from the work he loved; and others taking advantage of his absence to grieve him, preaching the very gospel out of contention and strife. And yet his heart was so running over with joy that he was filling others up with it,”*

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Joy is not something natural... it is supernatural ... a fruit of the holy Spirit... if you are a Christian you have it... but you can suppress it or let it saturate your life...

and the first thing apostle Paul shows us that **much of our joy or lack of it** is found in how we are in our **relationships** with others..... last week we began looking at four principles ...

Or four specific elements of **Spirit engendered joy** as it relates to **relationships**... **specifically...our relationships with other believers...joy caused by the work of the H.S.....**

[relationships are not the source of our joy... the H.S. is... relationships will either reveal, increase or decrease your joy]

You desire them...you seek them...you make the decision to do them...because they are the result of the joy that is in you...all that is the work and empowerment of the Holy Spirit within you.... And your desire and willingness to do them...

I grappled with these for the last few weeks...I wondered *why* I struggle with these four things in my own relationships ... **I struggle with these because I am a spiritual work in progress just like everyone else....**[God’s doing His work in me verse 6.....]

The deeper my relationship goes with...in... Jesus.... The greater my joy will be... a joy completely centered on Him...

I said last week to those of you married...you want a better marriage?... you want to have a better relationship with your spouse?... **go deeper with Jesus!**...as you go deeper with Jesus you get a better relationship with your spouse...not to mention your joy will go through the roof!..

**I want to add this week**... because it may be where some if not many of you are at... maybe you don't want a better marriage.... You've given up... you've decided to just endure each other... he's never going to change.... She's never going to change... we're never going to change....

So every day you just survive...co-exist.....I doubt that either of you have a whole lot of joy in your lives...you both have beaten each other down.... *What's the use*.... You are now both filled with **bitterness** towards each other.....

Maybe your problem isn't with your spouse.... It is with someone else.... A one-time friend... a coworker...someone at church...

**Bitterness and joy cannot cohabitate!**.... here's what you do..... **GO DEEPER IN YOUR RELATIONSHIP WITH JESUS!**.... work on your relationship with the one who has every reason to be disappointed with you!.... experience His grace... His sacrifice for YOU on the cross!.... as you go deeper in Christ.... Your bitterness will begin to dissolve...

AS you go deeper in Christ.... You begin to take on the attributes of Christ...**you begin to think like Christ**.... As Paul says in 1 Corinthians 2:16... **Who has known the mind of the Lord so as to instruct him?" But we have the mind of Christ.** ]

You have the mind of Christ!!!...There is no bitterness in the mind of Christ!.....you get the mind of Christ... just watch that rotten relationship begin to flower!... Learn to walk in the Spirit... learn to yield to the Spirit.... and the Spirit of God has a way of erasing the tape of negative things.

ask the Spirit of God to erase those things... to produce in you a joy that focuses on joyful memories.... That's the work of the Spirit in the heart of the believer.... Bitterness, unforgiveness... always remembering evil – that is the work of the flesh, holding grudges.

As Thomas Hardy said, "*Some people ALWAYS find the manure pile in any meadow.*" You want to live like that? You want to stomp around in that stuff all your life? Not me....SO...AS WE SAW LAST WEEK... the first of the Spirit engendered joy regarding relationships is...

### **1. Joy through being grateful for the people in your life.**

#### **Read verse 3**

Paul's joy was expressed in pleasant memories. That is a basic element of joy. That's the joy of being grateful of the people in his life.... not reflecting on the negatives but the positives...here's the second one...

### **2. The joy of praying with joy for the people in your life.**

( I struggle with this...so I'm preaching to myself here...) **Read verses 3-4**

Now... For a moment... think of someone who really irritates you... **don't look at them.. think about them!...** do you pray for them?... it was a joy for Paul to pray for everybody.... “**you all**”... if we are honest with each other... we would admit there are some things about the people in our lives we would like to change...

Not so much change something about **our** life.... But others... *If he would just do this... if she would just do that... what's wrong with them?...* we are professionals at knowing what other people need to change about themselves!...and maybe they DO need some change... but WE CAN'T CHANGE THEM!

You can't change anybody BUT yourself.... **But you can pray**... and God can change them... pray.... then it is no longer your problem!...

If I go up to someone and say.... *You are so selfish...you make so many stupid decisions you drive me nuts!... you compromise everything you do... you act like the devil...* how's that going to go over?... what will that achieve?... nothing good!.... even if all that is true... you won't change a thing about that person....

the quickest way to change a bad relationship into a good one is to pray for it.... It will change you and it will change them....

(4) The word here for prayer has to do with **petition** ... the idea of asking God for something for someone else.... And that is the expression of joy. Joy of the Holy Spirit tends not to be bound up with **what I have**... but in the privilege of praying that God would pour out His blessing on others.

True joy is expressed in the fact that I can see God at work in *someone else's life*, much more preoccupied with them than with me!..... joy is realized more and more as you let go of yourself!.....

You can tell if you're experiencing Holy Spirit joy. Do you find delight in interceding on someone's behalf? When you pray, is it your joy to pray for the spiritual benefit, blessing, progress of someone else?

*What do I pray?...* Paul gives us a great example in verses 9-11

### **Read verses 9-11**

So... four things you pray.... About ALL your relationships... your spouse...children... friends... workmates....

1. Pray that they will grow in love.
2. Pray that they... the people in your life will make wise choices....
3. Pray they will live with integrity... Paul says **I pray you will approve the things which are excellent...**
4. Pray that they will become like Jesus. **Read verse 11**

What is the fruit?... ahhh.... fruit on the vine?...

**All those things listed in Galatians 5:22-23... love...joy...peace...patience...kindness on**

What is the fruit?.... *the qualities of Jesus*... pray that they will become like Jesus... **you can pray these four things for me every day of the week!**.... all four of those things covers those four negative things I previously said!... but God is the change agent in prayer...

Two amazing possible results..... you will find joy through taking your eyes off of yourself and on to others.... And others will find joy through your praying for them!

### **3. The joy of expecting the best from others**

**Read verses 5-6**

What is normal is that we expect the worse in people...it is far easier being critical and expecting disappointment...expecting them to let us down... Paul shows us that joy includes expecting the best from others...other brother and sisters in Christ...

**“I am confident”**... *I am confident that God is going to keep making you more and more like His Son Jesus Christ... from this day forward... you will get better and better and better...* that’s a whole lot different than *I know you’re going to mess up.. I know you’re going to fail...*

Its like a parent watching his child in a race... the child slips and falls to the ground... a good parent isn’t going to yell out..... **YOU WIMP! I KNEW YOU WOULD DO THAT!**.... no.... a good parent will yell out... **YOU CAN DO THIS! GET UP... I KNOW YOU CAN! I BELIEVE IN YOU!**...

That’s what God does for you when you stumble... that is what you should do when others stumble...

Paul can have great joy in his expectations in his brothers and sisters in Christ because **his confidence is NOT in the person**... the reason Paul has confidence in someone isn’t because of that person.... His confidence is in **the one who began a good work in you.....** who was that?

God!...the Holy Spirit.... Paul says something similar in Galatians 3:3... **Having begun by the Spirit, are you now being perfected by the flesh?**... what is the good work that has been started in that person?.... his salvation... and his sanctification... God began that great work... and through His continuing grace.... He will perfect it to the end...

These are such encouraging words from Paul to his church at Philippi... some of them may have begun to get discouraged.... Let down in their faith... Paul doesn’t say.... Yeah... things are pretty miserable, hang it up!...

He says.... **I AM CONFIDENT**.... *You are going to be developed into the person God wants and intends you to be....* I heard an older preacher teaching younger preachers how to preach.... He said *Don’t tell it like it is... tell it like it could be....* I had to let that run through my head...I

favor *telling it like it is* ... but I see it... some preachers pride themselves in “*Just telling it like it is*” and that’s it!... that’s wonderful... but that doesn’t change anybody...

I do think some people love it when a preacher preaches condemning sermons... they’re like spiritual masochists... *that was so good... you really told it how it is... lets go home and be miserable!... what a great Sunday!... can’t wait to come back next Sunday and let Dan whip us some more! That’s such a great sermon it made me feel so bad...*

Paul is giving encouragement in what they *could become...will become... not what they are...* God’s going to continue to perfect you!... There is such joy in that expectation both for Paul and for those he’s writing to...

One of the reasons we shouldn’t be critical of other Christians is because God is not done with them!... He’s perfecting them.... What you see now will not be what you see in five.... Ten years...

He’s doing this with your spouse... your children... one of the reasons you want your loved ones to become Christians is so that they will be formed into a Gody person...

F.B. Meyer years ago wrote, “*We go into the artist’s studio, and find there unfinished pictures covering large canvas and suggesting great designs, but which have been left, either because the genius was not competent to complete the work, or because paralysis laid the hand low in death. But as we go into God’s great workshop, we find nothing that bears the mark of haste or insufficiency of power to finish, and we are sure that the work which His grace has begun, the arm of His strength will complete.*” ...

My dad was a very good artist...After he died I found dozens of unfinished paintings...I so wish my dad finished all the paintings he began painting...[I get it]. The masterpieces we could have!.... God finishes all His paintings!

#### **4. The joy of affection for others.**

**Read verses 7-8**

“*There can be no greater or more exhilarating joy than produced by deep, abiding and genuine affection for others*”.... Sure...People love with their minds.... But Paul includes the heart... **I have you in my heart...** *it is more than intellectual... I have great feelings for you!*

**I have found that when people are not in my heart they are on my nerves!.... and I need to move them over to my heart!....** and I literally consciously move them back over to my heart... I do this all the time!...sometimes it takes a week or two....maybe three!...maybe a few years...some I’m still working on right now!

When they are in my heart... I feel FOR THEM... I am concerned FOR THEM... I want the best FOR THEM... when I let them slide off my heart and on to my nerves... it's ABOUT ME... and how they bug me...

When people are in your heart... you have patience.... The key to patience is love... when people are in my heart I have empathy for them.... Empathy= *the ability to feel and understand another person's situation*...

**DO you ever stop and realize this?....its hard/impossible to have joy if everyone bothers you!**

When they slide off my heart and land on my nerves... I lose all that... MOST RELATIONAL PROBLEMS HAPPEN when one reacts with the head rather than the heart...

Paul says (8) **how I long for you all with the affection of Jesus Christ...we don't just have the mind of Christ... we... as He continues to work on us... begin to have the affection of Christ....**

That word "affection" is *splagchon* in the Greek... much more powerful than affection... it literally refers to internal organs... specifically the bowels... or intestines.. in other words... an affection so very deep... deep into the internal organs... the feelings are so intense there is almost pain in the lower organs of the body...

That's how it is isn't it?... when something terrible happens to you your stomach hurts!...

*Splagchon*....it's the strongest word in the Greek language to express compassionate love. When they really wanted to express compassion, they would say, "*I love you with my bowels.*"

**[Tomorrow is Valentine's day.... Men... make your own cards this year and on the inside write I LOVE YOU WITH MY BOWELS..... see what that does for you!]**

Our goal as Christians should be to love the people in my life like Jesus does... *that's easy... right?*... it is when you have true joy...empowerment of the Holy Spirit...How did Jesus love?... **For God so loved the world, that He gave His only begotten Son, that whosoever believes in Him shall not perish but have eternal life...**

Jesus showed His love for us by dying on the cross for us...How are we supposed to love?...

**1<sup>st</sup> John 3:16 We know love by this, that He laid down His life for us; and we ought to lay down our lives for the brethren.**

... we are to show our love for others by laying down our lives for them!... the most selfless act one can do... or be willing to do which is the context here... that's how that love looks...the problem with relationships today... we know know john 3:16 but ignore 1<sup>st</sup> John 3:16!

**this is REAL love... God gave His Son for us.. to die for us...** we must be willing to do the same thing!... Can you imagine a world like that?... where everyone embraced the gospel of John 3:16 and initiated 1<sup>st</sup> John 3:16 in their lives?.... we wouldn't have any relational

problems.... We wouldn't be obsessed with ourselves...we wouldn't so concerned with ourselves... we would be thinking about others...I made a list.... A list of some of the things that stands in the way of our not realizing true joy.....14 bullets I'm going to shoot at you....

[evaluate time]

### **What stands in the way of not realizing joy?**

1. *Not being saved*—trying to find joy without the Holy Spirit.

2 Corinthians 13:5, “**Examine yourself to see if you're in the faith.**” You may be pursuing something you will never catch. You may be seeking something you will never find, because you do not possess God's Holy Spirit at all. In other words, be sure you're saved – be sure you're saved....**THAT'S WHERE YOU MUST START!!!**

2. *Sin in your life*... Proverbs 29:6

**By transgression an evil man is ensnared,  
But the righteous sings and rejoices.**

3. *Satan and demons will do all they can to steal your joy.*

1 Peter 5:8 says that the devil is a roaring lion, seeking whom he may devour.

4. *Ignorance as to who God truly is and what He does ... solution... time in the Word.*

When you truly grasp the sovereignty of God... He's got it!... He's got it handled... nothing is going on in this world that He doesn't have a handle on.....

5. *Thinking this life is more precious than eternal life*..... really?... yes! one thing I noticed during the last two years of the Covid mess is the rampant fear in people over the slight possibility of losing their life.....this is a sign you haven't grasped the gospel!

If you truly understand the dynamic between Christ and eternal life... you hold this life as precious but losing it is nothing less than gain!.... for we leave what is precious for something that is greater and more magnificent than any adjective can describe!

SO many have so much fear about the future... something they actually have no control of...

6. *Prayer.. the lack of praying*.... We've already mention prayer regarding relationships... but prayerlessness... That is failing to commit things to the Lord, leaving them to yourself to fret and worry and fume. Trying to orchestrate all of life's elements yourself and never going to the place of prayer breeds frustration rather than dependence.

*“It literally is replaced today by what we call counseling. Instead of going to God with your needs, you go to somebody, who sits across a desk and supposedly tells you things that are*

*neither sovereign nor supernatural, in many cases – in most cases. And the best of human insight is a far cry from divine assistance.*

*prayerlessness will steal your joy, because you'll scramble all over this world trying to find solutions to the dilemmas that only God can solve. Don't you try to orchestrate life. Don't you try to find some guru behind a desk who can orchestrate life. Go to God. Now, those are some sort of theological things that steal your joy, theological perspectives on things that steal your joy. Let me give you some real practical ones, okay?" –JMAC*

**7. *Falling for the world's definitions***—what does the world say about your difficult marriage relationship.... *Get out of it if it is not making you happy...*

Materialism is what it is.....a focus on the temporary tangible... It's a lack of focus on God. It's a lack of contentment with God. They don't see God at work. Every response is controlled by the things of time and space.... Things that will disappear.... Most people live like that....

**Answer....shift from time and space to the eternal!....** God transcends all of time and space.... And he offers you a life that transcends it.

**8. *ingratitude*** – ingratitude. In fact there are few things in human life uglier than ingratitude – few things.... Do you train your children to be grateful?...[let me embarrass my daughter...but she is raising grateful kids!...we've been living with them for over a months in pretty close quarters... A BLESSING!...when me or my wife do something form one of the kids... if they have not shown gratitude.... Beth calls them back.....GET BACK HERE>>> WHAT DO YOU SAY?.]

Somebody said....*How sharper than a serpent's tooth is a thankless child...*I would add.. an even sharper tooth is a thankless adult!!!!

Ingratitude, failure to be thankful; instead of focusing on things which you have received from the Lord, and in everything giving thanks, whatever the circumstances, whether they seem positive or negative,

some people are never thankful, because they are never satisfied. They don't see life's trials as blessings from God, conforming them to Christ. They're never satisfied, they never say thanks. It has to do with pride, unquestionably, ingratitude.

**9. *Spiritual dementia***.... Forgetting what Christ has done for you on the cross.....forgetting all the grace that God has shown you...

**10. *Lack of contentment***.... Specifically your earthy situation and condition....

Paul said, "I have learned in whatever state I am therewith to be – what – content," Philippians 4:12. "I know how to be abased and how to abound." It's the same to me. I don't care. I can have it or not have it. But some people lose their joy because they're basically dissatisfied.

11. **Uncontrolled feelings** – to live by uncontrolled feelings... I think Martyn Lloyd-Jones said it best in his book, *Spiritual Depression*; listen to this: “*I suggest that the main trouble in this whole matter of spiritual depression [lack of joy] is this: that we allow our self to talk to us instead of talking to our self.*” That’s good.

So... with that....let me give you the definition of a weak person. *A weak person doesn’t talk to himself enough.....he’s listening too much to himself!....* You say, “What do you mean by that?” You’ve got to get yourself under control. If you live by your uncontrolled feelings, you’ll be a victim. That’s living by the flesh.

“*Have you realized,*” he writes, “*that most of your unhappiness in life is due to the fact that you are listening to yourself rather than talking to yourself?*” the art of spiritual living is to know how to handle yourself. Psalm 42, he moans and groans, and then he says, “*Why are you disquieted, O my soul?*” *Quiet, soul. “Hope thou in God.”* Why are you doing that? Soliloquy, talks to himself. Some people just listen to themselves,

Paul... I buffet my body..... I PUT MY SELF IN SUBMISSION (1 Cor. 9:27)

12 **Self-centeredness**.... Selfishness.... This is huge... we will be looking at this in detail when we get to Philippians 2.... But suffice it to say.... The moment you take your primary concern off yourself.... Is the moment your joy will begin to be realized!

13. here’s one that you may not have thought of...**seeking digital connection as source of warmth and support**.... Your social media platforms have become your emotional support....you have entered a digital world and there is where you are taking your prompts!....turn it off!.... enter into God’s reality!

Digital loneliness....

Addictive and lead to addictions in artificial world

dissatisfaction with the self... Comparison to others.... Even artificial others.

Lack of discerning what is real and what is not

The artificial becomes your reality.... And it can’t come through!

Alter your ethics, values and morality....

**And we could go on and on with the list...**

DO you want joy?... are you lacking joy?...If you haven’t done so accept Jesus Christ as your Lord and Savior.....Seek to know Him.... Get the mind of Christ through the enlightenment of the Holy Spirit as you consume God’s word....

Take your eyes off of yourself

Through the power of the H.S work on your relationships....

Philippians 1:9-11...**And this I pray, that your love may overflow still more and more in real knowledge and all discernment, so that you may discover the things that are excellent, that**

**you may be sincere and blameless for the day of Christ; having been filled with the fruit of righteousness which comes through Jesus Christ, for the glory and praise of God.**