

Rejoice

THEMES FROM PHILIPPIANS



“It's the pot of gold at the end of the rainbow. I had that — and I thought, 'Well, what's left?’”

- Chris Parkening

Happiness Definition:

A fleeting sense of satisfaction that rises and falls with what you have, what you achieve, or how life treats you.

Rejoice in the Lord always.
I will say it again: Rejoice!

Philippians 4:4

Joy Definition:

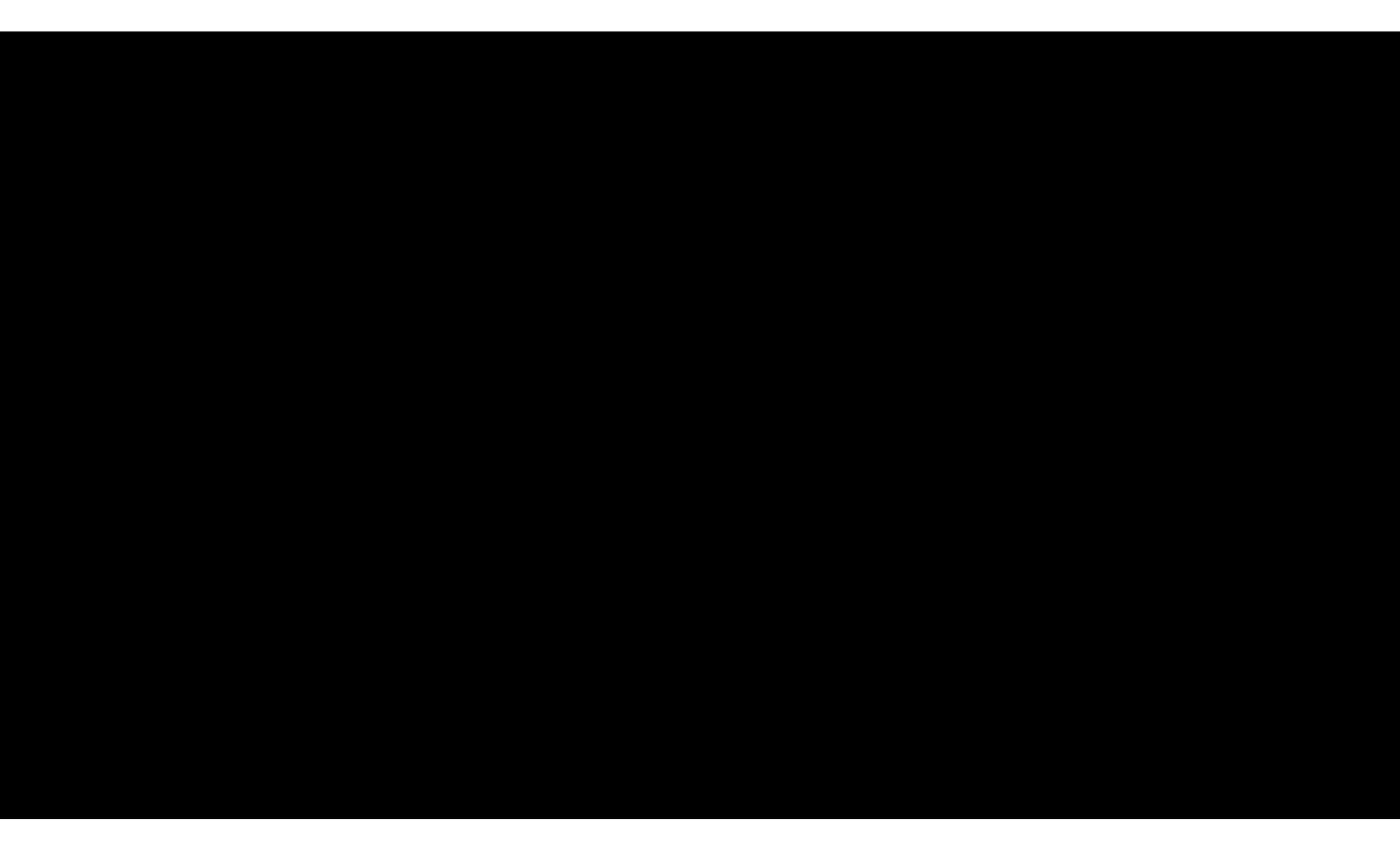
Joy is the soul's unshakeable gladness in knowing you are fully covered by grace today, and already seated with Christ in eternity. It is not determined by circumstances — but by a covenant that cannot be broken by loss, failure, or suffering.

Joy Thief's:

1. Hurry And Distraction

“For many of us the danger is not that we will renounce our faith. It is that we will become so distracted and rushed and preoccupied that we will settle for a mediocre version of it. We will skim our lives instead of actually living them.”

- John Ortberg



Be Present > Hurry And Distraction

Rejoice in the Lord always. I will say it again:
Rejoice! Let your gentleness be evident to
all. **The Lord is near.**

Philippians 4:4-5

Joy Thief's:

1. Hurry And Distraction
2. Entitlement

Then he said, “There was once a man who had two sons. The younger said to his father, ‘Father, *I want right now what’s coming to me.*’

Luke 15:11-12

When we stop seeing life as a gift and start seeing it as a debt owed to us, gratitude dies, and Joy dies with it.

Gratitude > Entitlement

Do not be anxious about anything, but in every situation, by prayer and petition, with **thanksgiving**, present your requests to God.

Philippians 4:6

Rejoice always, pray continually, **give thanks in all circumstances**; for this is God's will for you in Christ Jesus.

1 Thessalonians 5:18

Praise the Lord, my soul; all my inmost
being, praise his holy name. Praise
the Lord, my soul, and **forget not all his
benefits**—who forgives all your sins and
heals all your diseases,

who redeems your life from the pit and
crowns you with love and compassion, who
satisfies your desires with good things so
that your youth is renewed like the eagle's.

Psalm 103:2-5

Joy Thief's:

1. Hurry And Distraction
2. Entitlement
3. Shame

Then the eyes of both of them were opened,
and they realized they were naked; so they
sewed fig leaves together and made
coverings for themselves.

Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they **hid from the Lord God** among the trees of the garden.

Genesis 3:7-8

You cannot receive the fullness of Joy while standing at a distance from God. And shame always keeps you at a distance.

The Lord God made garments of skin for
Adam and his wife and **clothed them.**

Genesis 3:21

Freedom Through Grace > Shame

1. Hurry And Distraction < Be Present
2. Entitlement < Gratitude
3. Shame < Freedom Of Grace

“I am the vine; you are the branches. If you **remain in me** and I in you, you will bear much fruit; apart from me you can do nothing.”

John 15:5

Joy is not something you find at the end of a good day. It is the outflowing of knowing Jesus — of being covered by His grace today, and held by His future forever. The branch doesn't strain for the fruit. It simply stays.