

A Lifestyle Of Joy, Thanksgiving and Peace

Philippians 4:6-7

We're four days away from Thanksgiving Day.
(A holi-day - joy and thanksgiving and peace fills our homes.)

This morning - A Lifestyle of Joy, Thanksgiving and Peace!

The book of Philippians is known as the "Letter Of Joy." Joy or rejoicing is found sixteen times in 104 verses.

Challenge: This Thanksgiving, read the whole book of Philippians in one sitting, underlining every reference to joy (16x).

Philippians 4:4: Rejoice in the Lord always. Again I will say, rejoice!

- Roman prison • In the Lord
- Always —> Lifestyle • Joy is attractive • Joy stealers

Challenge: memorize Philippians 4:6-7

Philippians 4:6-7: Be anxious for nothing, 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 minds through Christ Jesus.

NLT - Don't worry about anything; instead, pray about everything.

KJV - Be careful for nothing; but in everything by prayer.

Psalms 37:8 Don't fret (worry) it only causes harm!

Psalms 37:5 Commit (roll it onto) everything you do to the Lord. Trust Him, and He will help you.

Matthew 6:25-26, 31-34: Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your

heavenly Father feeds them. Are you not of more value than they? Therefore do not (STOP) worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

Philippians 4:6: Be anxious for nothing, but in everything by prayer and supplication (tell God your need).

Philippians 4:6: Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving...

- lifestyle of thanksgiving (attractive)

Ephesians 5:18-20: And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, * giving thanks always for all things to God the Father in the name of our Lord Jesus Christ.

(How is that possible?)

Genesis 15:1: Do not be afraid, Abram. I am your shield, your exceedingly great reward.

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Philippians 4:6-7: Be anxious for nothing, 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 minds through Christ Jesus.

Before you can have this peace of God, you have to be at peace with God!

Are **you** at peace with God? Today: pray and turn to Jesus!

Selah

John 14:27: Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

- Lifestyle of peace (attractive)

Worry: Old English word - to choke or strangle.

Is something or someone strangling you?

Roll it onto the Lord this morning. Stop worrying.

Are **you** at peace with God? Not saved? Saved but something isn't right?

House Church Study Guide

- "A Lifestyle of Joy, Thanksgiving and Peace"
- Philippians 4:6-7
- Pastor Rob Verdeyen

Thanksgiving Day each year is a day of tremendous joy, thankfulness, and peace for many of us who know the Lord and choose to honor Him and thank Him. As believers we want to mature and grow in such a way that joy, thankfulness and peace are part of our everyday lifestyle.

Points To Ponder

1. If you have not read Abraham Lincoln's "Thanksgiving Proclamation," Google it and make copies for all and read it to your house church this week.
2. It really is possible to be **joyful** in the Lord, in spite of your circumstances. We often start with our eyes on circumstances, or people leaving us, distraught and downcast.
3. It really is possible to be **thankful** for everything by the power of the Holy Spirit.
4. Jesus doesn't want us to worry! He has the most wonderful gift of **peace** for us, no matter what our circumstances.

Questions To Ask

1. Why is Philippians called the "letter of joy"?
2. What is the **key** verse in the book of Philippians?
3. What are "Joy Stealers"?
4. What do you learn from Psalm 37:5 to help you when you are worrying about something?
5. What do you learn about worrying from Matthew 6:25-34?
6. Can anyone share Philippians 4:6-7 from memory?
7. In Ephesians 5:18-20 what is the **key** to being thankful, always, for all things?
8. What good comes from worrying? What does Psalm 37:8 teach us about worrying?
9. According to Philippians 4:6-7, what should you do instead of worrying?