

June 19, 2022

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Defused: Keeping Calm in Chaotic Times

Rejoice in the Lord

Philippians 4:4-7

Recap:

Week 1) Keeping Calm in Chaotic Times **begins** by being rooted in Christ.

Week 2) Keeping Calm in Chaotic Times **requires** relational reconciliation.

Main Idea: Keeping Calm in Chaotic Times Persists as We Rejoice in the Lord

Philippians 4:4-7 “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.”

I. The Resources

Rejoicing - v 4 - “Rejoice in the Lord always; again I will say, rejoice.”

Prayer - v 6b - “in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

II. The Reason

Philippians 4:4-5 “Rejoice in the Lord always; again I will say, rejoice. **5** Let your reasonableness be known to everyone. The Lord is at hand...”

Why can we be calm in chaos?

The Lord is Near!

Hebrews 13:5, “Keep your life free from love of money, and *be content with what you have, for he has said, I will never leave you nor forsake you.*”

Psalms 20:7 “Some trust in chariots and some in horses, but we trust in the name of the Lord our God.”

III. The Results

Joy that is rooted in Christ, rather than fleeting emotions that are based in circumstances.

Reasonableness that is evident to others around us.

Peace that surpasses understanding.

Conclusion:

Matthew 11:28-29 “Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.”

Sources & Further Reading Opportunities:

- The MacArthur New Testament Commentary - John MacArthur (1983)
- Bible Exposition Commentary – Warren Wiersbe (1989)
- God Can Make it Happen - Russ Johnston ()
- I’d Like You More If You Were More like Me: Getting Real about Getting Close - John Ortberg ()
- Lectures on Philippians - H.A. Ironside ()
- Strauss ()
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