

PHILIPPIANS - THE KEYS TO RELEASING OUR JOY

Lesson 9

Review: In the beginning of Philippians 4, Paul pleads for Euodias and Syntyche to release their joy from the Prison of Pettiness by Recalling their Ministry and Realizing their Destiny to Regain their Unity. Paul now transitions to that most frequent of all prisons - Our Perspective.

RESCUING OUR JOY FROM THE PRISON OF OUR PERSPECTIVE - Phil. 4:4-9

I. THE DISCIPLINE OF GIVING MY THOUGHTS TO GOD TO GUARD THEM - Phil. 4:5-7

A) Troubling thoughts should trigger the response of SUBMISSION
Moderation - "epieikes" - gentleness, meekness, yielded

- 1) God is in CONTROL
- 2) God is WORKING GOOD
- 3) God is NEAR "eggus" - near, squeeze with arm

B) Troubling thoughts should trigger the response of SUPPLICATION

- 1) When troubled by our WORRIES
- 2) When troubled by our WAY
- 3) When troubled by our WANT

II. THE DISCIPLINE OF GUARDING MY THOUGHTS BY GROUNDING THEM - Phil. 4:8

A) The key to guarding my thoughts is to GROUND them on the truth
"Our thoughts are the most powerful influence on our affections, our attitudes and our actions."

B) The key to guiding my thoughts is to GOVERN them by truth

- 1) What is true concerning what is HONORABLE - honest
- 2) What is true concerning what is EQUITABLE - just
- 3) What is true concerning what is CHASTE - pure
- 4) What is true concerning what is ACCEPTABLE - lovely
- 5) What is true concerning what is EDIFYING - good report
- 6) What is true concerning what is EXCELLENT - virtue
- 7) What is true concerning what is ESTEEMABLE - praiseworthy

III. THE JOY OF GUIDING MY THOUGHTS IS IN GIVING MYSELF TO THEM - Phil. 4:9

A) There is joy in RECEIVING truth

B) There is joy in EMULATING truth

C) There is joy in LIVING OUT truth