

JOY

when all falls apart

STEPPING IN TO JOY – Philippians 4:4-9

REJOICING IN A PRISON CELL

Joy: the deep gladness of knowing that God is good and we belong to him.

“REJOICE ALWAYS...”

“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

To rejoice is a _____.

“DO NOT BE ANXIOUS...”

_____ is the great enemy of joy.

“Do not be anxious about anything, but in every situation, by prayer and petition... present your requests to God.”
Philippians 4:6

STEPPING IN TO JOY

1. _____ out (v. 5)

*“Rejoice!... **The Lord is near.**”*
Philippians 4:5

2. _____ specifically (v. 6)

*“Do not be anxious about anything, but in every situation, by **prayer and petition... present your requests to God.**”*
Philippians 4:6

3. Cultivate _____ (v. 6)

*“...by prayer and petition, **with thanksgiving**, submit your requests to God.”*
Philippians 4:6

4. Shift your _____ (v. 8)

*“Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – **think about such things.**”*
Philippians 4:8

5. _____ up (v. 9)

*“**Whatever you have learned or received or heard from me, or seen in me – put it into practice.** And the peace of God will be with you.”*
Philippians 4:9

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“REJOICE ALWAYS...”

“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

To rejoice is a choice.

“DO NOT BE ANXIOUS...”

Anxiety is the great enemy of joy.

“Do not be anxious about anything, but in every situation, by prayer and petition... present your requests to God.”
Philippians 4:6

STEPPING IN TO JOY

1. Zoom out (v. 5)

*“Rejoice!... **The Lord is near.**”*
Philippians 4:5

2. Pray specifically (v. 6)

*“Do not be anxious about anything, but in every situation, by **prayer and petition... present your requests to God.**”*
Philippians 4:6

3. Cultivate gratitude (v. 6)

*“...by prayer and petition, **with thanksgiving**, submit your requests to God.”*
Philippians 4:6

4. Shift your focus (v. 8)

*“Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – **think about such things.**”*
Philippians 4:8

5. Open up (v. 9)

*“**Whatever you have learned or received or heard from me, or seen in me – put it into practice.** And the peace of God will be with you.”*
Philippians 4:9