



PHILIPPIANS
THE SECRET TO JOY
“God’s Cure for Worry”
Philippians 4:1-7
June 26, 2011 PM Service

1. Stand Firm Vs 1
2. Stay Unified Vs 2-3
3. Seize God’s Joy Vs 4
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Adoration

Confession

Thanksgiving

Supplication

The Promise: Security Vs 7

1. God’s indescribable peace will overwhelm us
2. It will guard our hearts and minds

Our Response:

1. Do you have that personal relationship with Jesus Christ. Great News! – you can! It’s as simple as ABC. **Admit** to God you are a sinner, **Ask** for His forgiveness, **Believe** Jesus is God’s Son, **Confess** Him as Savior & **Commit** Your Life to Him as Lord. Is there a daily dissatisfaction of where you are in your walk? Is there a decreasing frequency of sin in your life? Is there an increasing love and desire for holiness?
2. Have you asked Christ into you heart, but never made it public? Have you been baptized – identified with Christ & His church through Baptism? If not, you can make that decision today & be obedient & follow through & become a part of the Bethsalem Family.
3. Do you need a church home – a proper foundation – without one a Christian is an orphan. Don’t just attend – step over the line today and join this family! We need you and you need us.
4. Are you standing firm today in your walk or do you find yourself in shifting sand of worry, doubt, or fear? May we stand firm in Christ today and this week no matter what we may face – not in ourselves, but on the Solid Rock!
5. May we stand together this week – not separate. May we make the efforts to reach out to others, to let them know we care, to step in and help them in their trouble.
6. Is your life described by joy? Would others see that in you? If you have lost it, ask Christ to restore it and walk in the joy of the Lord this week and may it show!
7. May we surrender our worries to Him tonight – leave them at the pew, the altar – wherever and let Him have it. He invites us in 1 Peter 5:7 to put it all on Him. Do it!!
8. May we spend time in prayer instead of worrying this week – when you are tempted to worry, pray instead!
9. Once we have done that, claim and walk in His promise and experience that incredible peace. Continually ask Him to guard your heart and mind so that fear & worry won’t enter but only Christ’s indescribable peace!!

PHILIPPIANS: The Secret to Joy

“The Cure for Worry”

Philippians 4:1-7

June 26, 2011 PM Service

ILLUS: Lady and the dough exploding

1. Stand Firm Vs 1

“Therefore, my beloved brethren whom I long to see, my joy and crown, so stand firm in the Lord, my beloved.” NASB

In order for us to be stable, consistent in our walk and not be shaken easily, we must be standing firm in what we know and believe.

Therefore, referring back to what he had said, just in chapter three, continue to stand firm, to run the race, to be living for eternity and not here. When we always have Jesus in plain view, we can stand firm and when we are standing firm, we cannot be easily shaken by the things of the world, worrying will not be a problem or least as much of a problem if we are standing firm.

2. Stay Unified Vs 2-3

“And now I want to plead with those two women, Euodia and Syntyche. Please, because you belong to the Lord, settle your disagreement. 3 And I ask you, my true teammate, to help these women, for they worked hard with me in telling others the Good News. And they worked with Clement and the rest of my co-workers, whose names are written in the Book of Life.” NLT

When are standing together, we can walk through life much easier.

We can face life’s worries and anxious moments because we are not alone. Sometimes we need that reassurance from other believers when we are worried, facing difficult circumstances. We know all the right things, but we need that gentle reminder that God is still in control on His throne, and that reminder by the presence of another believer is huge. Just being there for one another. It means we care. However, if we are not getting along and not true teammates, then we cannot be united. Disunity can cause great worry and stress in our

lives, it is not healthy. It surely causes me stress and causes us to not be focused on what it is that God has called us to do, win the world to Christ.

3. Seize God's Joy Vs 4

“Be full of joy in the Lord always. I will say again, be full of joy.”
NCV

Perhaps one of the more important ways to deal with worry and stress is to always, daily access God's joy. Here again Paul gives us the secret to life, and it is to have the joy of the Lord in our lives.

When we are focused and full of God's joy it is hard to be worried about life and circumstances and the difficulties we are facing.

When we have joy, it is just simply hard to be worried.

Do you have God's joy? What is that joy based on today? If is anything other than Him, we cannot have joy. Then why do certain Christians seem to have more joy than others?

The reason, they have a fuller knowledge of Christ, because they are pursuing Him in a daily walk and yielding their lives to Him. He teaches them and shows himself to them. As a result, they have increasing joy even in the midst of increasing troubles and worries!

4. Show humility and gentleness Vs 5

“Let your gentleness be evident to all. The Lord is near.” NIV

You know sometimes things that cause worry can be from how we treat each other. A sense of selflessness, doesn't insist on his rights. A good way to make certain that we don't have that worry is that we show Christ's humility, gentleness, and patience to each other as well as those and perhaps more importantly to those who are outside of the family of God.

Be gentle (won't have to worry about what you said or how you treated someone—clear conscience)

The reminder is that the Lord is near. How we treat people is incredibly important to the Lord, and the reminder here is that He is here, but that is coming is near and we will be judged, held accountable for how we treated people in the situations of life.

This idea that the Lord is near also lead us to the next point here in our message this morning, the Lord is near, do not worry. We need to be reminded of [Matt 28:20](#), That “I am with you always, even to the end of the age.”

5. **Surrender your Worry** *Vs 6a*

“Do not be anxious about anything,...” NIV

“Don't fret or worry...” The Message

We are talking about our futile, frustrating, debilitating attempts to bear the burdens of life and especially of the future, ourselves, alone.

What the word worry means: To be pulled in different directions.

Our hopes pull us in one direction; our fears pull us the opposite direction; and we are pulled apart.

The word comes from the old English root meaning to strangle!

Worrying has been proving by medical fact to cause serious physical problems and even damage to our bodies.

Worrying is the greatest thief to joy, here is why it is put opposite of joy.

[Matthew 6:25-34](#)

Here we see these are not in any order, but one of the first things we must do is to give our worries to the one who can do something about it anyway! We cannot hold on to it, or try to solve it ourselves or figure it out ourselves, but instead surrender it to the Savior.

The Bible commands us don't be anxious about anything. There is nothing in our lives that God cannot help us to handle.

ILLUS: A card I have even on my desk as I type this sermon

“God is greater than any problem I have!”

It is the principle found in I Peter 5:7

“Give all your worries and cares to God, for he cares about what happens to you.” NLT

6. **Saturate your life with prayer** *Vs 6b*

“...but in everything by prayer and supplication with thanksgiving let

your requests be made known to God.” NASB

“...Let petitions and praises shape your worries into prayers, letting God know your concerns.” The Message

This is the most important way for us to deal with worry.

It is in some ways our first line of defense or certainly should be to deal with worry and stress in our lives.

It is difficult to pray and worry at the same time!!

Important also to remember here, he reminds us to pray about everything, not just the big things but the small things we seem to think that God is not concerned about or too busy to deal with, or that it really would not make that much of a difference. WRONG!

The importance of prayer, and outline that has been around for a while, but one that Paul hints at here, that we don't just run to God only when we have a problem and are worried, and just say hey, God I need help here, can you help me out? We need to pray and not just ask!

Adoration

Thanksgiving

Confession

Supplication

The Promise: Security Vs 7

“If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.” TLB

“And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus.” NASB

1. God's indescribable peace will overwhelm us It is not the peace the world offers, and in fact it is so amazing that we sometimes cannot even describe it to people, it doesn't make sense. We ought to be worried, stressed out, saddened beyond belief, but we are not, God has granted us His peace.

“You will keep in perfect peace him whose mind is steadfast, because he trusts in you.” Isaiah 26:3 NIV

“The LORD gives strength to his people; the LORD blesses his people with peace.” Psalm 29:11 NIV

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” John 14:27 NIV

2. **It will guard our hearts and minds** The word guard is a military term, to stand guard. Isn't that what we need. The battle is fought in the mind and we will explore that idea further next Sunday night.

“Peace is not the absence of trouble. Peace is the presence of God”

Closing ILLUS: Lady and pastor

“Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful.” Colossians 3:15 NASU

OUR RESPONSE:

1. Are you living in worry tonight, perhaps fear and anxiety over an issue you are facing, a family member, work situation, etc. If you are not, then one day we will? What are doing about that worry tonight?
2. Are you standing firm tonight? Are you focused upon Him? Are you in unity with those around you? If not, why not? Are you showing that gentleness and respect, selflessness to others as Christ did?
3. Are you daily accessing God's joy, living in the fullness of Him, who is He, and what all He has done for you and me in our lives?
4. Have we surrendered our worries to Him? Are we spending time in prayer, focused and constant prayer about what we are facing?
5. Are you experiencing that peace that he offers, are you allowing it guard your heart and mind? If not, then perhaps we need to take a look and make sure we are pursuing these steps in our lives.