

# Rejoice

## Philippians 4:4-9

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October 25-26, 2014

*Rejoice in the Lord always; again I will say, rejoice. <sup>5</sup>Let your reasonableness be known to everyone. The Lord is at hand. Philippians 4:4-5 (English Standard Version)*

**Take-Home Truth:** A life of joy is never an accident; it happens when you partner with God in the midst of anxiety.

### **Strategy #1: REPLACE ANXIETY WITH PRAYER.**

*Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Philippians 4:6 (ESV)*

*Besides everything else, I face daily the pressure of my concern for all the churches. 2 Corinthians 11:28 (New International Version)*

*“Can all your worries add a single moment to your life? Of course not.”  
Matthew 6:27 (New Living Translation)*

### **Two Aspects of Prayer**

- Petition
- Thanksgiving

*Give thanks in all circumstances; for this is the will of God in Christ Jesus for you. 1 Thessalonians 5:18 (ESV)*

**Strategy #2: MONITOR WHAT YOU ARE THINKING AND CHOOSE THINKING THAT IS CONSISTENT WITH GOD'S TRUTH.**

*Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. Philippians 4:8 (ESV)*

**Strategy #3: DO WHAT YOU CAN ABOUT WHAT'S MAKING YOU ANXIOUS.**

*Keep putting into practice all you learned from me and heard from me and saw me doing, and the God of peace will be with you. Philippians 4:9 (NLT)*

**Strategy #4: INVITE AND EXPECT GOD'S PEACE.**

*And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:7 (ESV)*