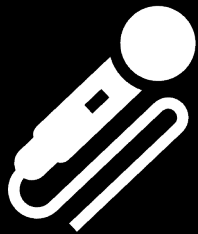


# PHILIPPIANS: A GUIDE TO TRUE JOY



Chapter 4:1-9 'Rejoicing in Christ'

Speaker: Auke Rienstra



# RELATIONAL CONFLICT IS STRAINING AND HARD

Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved. I entreat Euodia and I entreat Syntyche to agree in the Lord. Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life (Phil. 4:1-3).



# FINDING JOY, EVEN WHEN YOU ARE STRESSED

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus (Phil. 4:4-7).



# FINDING JOY, EVEN WHEN YOU ARE STRESSED

1. Rejoice 'in the Lord'
2. Not meaning rejoicing in your circumstances
3. We are 'In Christ'
4. When should you rejoice in the Lord?
5. Jesus prayed!
6. Make your requests known to God
7. The Lord is at hand
8. God will protect and guard your heart and mind and will give you peace



# LOVE GOD WITH ALL YOUR MIND

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 (Phil. 4:8).



# LOVE GOD WITH ALL YOUR MIND

- Spiritual/mental and even physical health starts in the mind.
- John Melton (puritan poet):
  - “a mind is it’s own place and in itself can make a heaven of hell and a hell of heaven”



# LOVE GOD WITH ALL YOUR MIND

6 categories

1. Truth (reality) vs lies
2. Honorable (are you honorable?)
3. Just vs unjust
4. Pure vs dirty
5. Lovely (enjoyable) vs mean and brutal
6. Commendable (good character) vs sinful behaviour



# LOVE GOD WITH YOUR OBEDIENCE

What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you (Phil. 4:9).





# LOVE GOD WITH YOUR OBEDIENCE

- Peace is connected with practice.
- Our world does not lack information but wisdom and obedience.
- The goal of scripture is not passing on information but transformation.



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