

B. The **standard** of your thought life.

- Is it **true**?
- Is it **honest**?
- Is it **just**?
- Is it **pure**?
- Is it **lovely**?
- Is it **good report**?

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”
Romans 12:2

IV. **OBEY** CONSTANTLY (4:9-13)

Do the right thing and you will feel the right way.

A. **Disobedience** produces stress.

“Good understanding gains favor, But the way of the unfaithful is hard.”
Proverbs 13:15

“5 And you have forgotten the exhortation which speaks to you as to sons: “My son, do not despise the chastening of the LORD, Nor be discouraged when you are rebuked by Him;

6 For whom the LORD loves He chastens, And scourges every son whom He receives.”

Hebrews 12:5-6

B. Obedience produces **peace**.

“Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ,”

Romans 5:1

“Great peace have those who love Your law, And nothing causes them to stumble.” Psalm 119:165

“Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.”

John 14:27

GO BEYOND HAPPINESS AND CHOOSE #JOY

JOY

Beyond Happiness Experiencing Joy When You're Stressed Pastor Steve Reynolds

INTRODUCTION

A. Have you lost your joy in a negative world? God is the source of true joy. No matter what circumstances you face, He will provide extreme joy in your life!

“Rejoice in the Lord always. Again I will say, rejoice!”
Philippians 4:4

Joy is an internal choice of hope based on my belief in Jesus Christ.

B. The book of Philippians is my favorite book of the Bible:

1. It is a **personal** book that reveals a lot about Paul.
2. It is a **practical** book that deals with relevant issues.
3. It is a **positive** book that focuses on joy.

C. In this powerful study of the book of Philippians, you'll discover the difference between happiness and joy, and how you can experience the lasting joy that God wants for your life.

Apr 21	The Joy Of Easter
Apr 28	Building Joyful Relationships
May 5	Finding Joy Through Suffering
TODAY	Experiencing Joy When You're Stressed
May 19	The Secret Of Joy In Conflict
May 26	The Daily Joy Workout
Jun 2	The Keys To Eternal Joy
Jun 9	The Joy Of Doing Right
Jun 16	Discovering Joy Through Service
Jun 24	The Joy Of Generous Living

D. **Text:** Philippians 4:6-13 (Pew Bible/Page 203/New Test.)

EXPERIENCING JOY WHEN YOU'RE STRESSED

I. **TRUST** COMPLETELY (4:6a)

Stress is carrying a burden that God never intended for you to bear.

- A. The root **cause** of most stress is a lack of faith.
*"25 And which of you by worrying can add one cubit to his stature?
26 If you then are not able to do the least, why are you anxious for the rest?
27 Consider the lilies, how they grow: they neither toil nor spin; and yet I say to you, even Solomon in all his glory was not arrayed like one of these.
28 If then God so clothes the grass, which today is in the field and tomorrow is thrown into the oven, how much more will He clothe you, O you of little faith?"*
Luke 12:25-28

"5 If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.

6 But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind.

7 For let not that man suppose that he will receive anything from the Lord;

8 he is a double-minded man, unstable in all his ways."
James 1:5-8

- B. Faith **removes** stress.

"3 You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.

4 Trust in the LORD forever, For in YAH, the LORD, is everlasting strength."
Isaiah 26:3-4

"For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith."
I John 5:4

II. **PRAY** CONTINUALLY (4:6b-7)

When stress pushes you to your knees, you are in the perfect position to pray.

- A. Don't **panic**...do pray!!

"pray without ceasing," I Thessalonians 5:17

"Cast your burden on the LORD, And He shall sustain you;..."
Psalm 55:22a

"casting all your care upon Him, for He cares for you."
I Peter 5:7

- B. Pray **specifically** about everything with **thanksgiving**.

"Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need."
Hebrews 4:16

"Continue earnestly in prayer, being vigilant in it with thanksgiving;"
Colossians 4:2

III. **THINK** POSITIVELY (4:8)

Stinking thinking leads to stressful living.

- A. The **significance** of your thought life.

"For as he thinks in his heart, so is he...."

Proverbs 23:7a

"casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,"
II Corinthians 10:5