

COMPLETE JOY

PHILIPPIANS 4:4-9 | THE LORD IS AT HAND

Joy and peace are not found in perfect circumstances, but in the presence of Jesus.

SERMON SUMMARY

1. Rejoice in the Lord

Circumstances change, but God does not. Christian joy is not pretending everything is okay; it is remembering who God is and what He has done, even when life is not okay.

2. Be reasonable

Let gentleness, graciousness, and consideration characterize your relationships. Remembering that “the Lord is at hand” can change how we respond to conflict, offenses, and disagreements.

3. Replace anxiety with remembrance and requests

Instead of rehearsing the problem, pray. Give your requests to God “with thanksgiving,” remembering that the thing you are worried about is not the only thing that is true about your life. Prayer changes who is carrying the burden.

4. Renew your thinking

You do not have to believe everything you think. Filter what occupies your mind through what is true, honorable, just, pure, lovely, commendable, excellent, and worthy of praise.

5. Repeat the practice

Peace is not merely something to understand; it is something to practice. Rejoicing, gentleness, prayer, gratitude, and renewed thinking become rhythms through which we experience both “the peace of God” and “the God of peace.”

QUESTIONS FOR REFLECTION

1. What concern, fear, or offense has been getting bigger in your mind because of how much attention you are giving it?
2. If the people closest to you described your reactions, would they say you are gentle, gracious, and reasonable? Where could you respond differently this week?
3. What are you carrying that you need to turn into a specific prayer and request to God?
4. Which recurring thought needs to be tested by Paul's first filter: **Is it true?**
5. What input - media, conversations, habits, or content - most shapes the “diet” of your mind right now?

SUGGESTED NEXT STEPS

Rejoice: Begin each day by naming one truth about who God is and one thing He has done for you.

Remember: When anxiety rises, name three evidences of God's goodness before rehearsing the problem again.

Request: Turn one worry into a written prayer. Give the concern to God specifically instead of carrying it repeatedly.

Renew: Use Philippians 4:8 as a filter for one recurring thought or one source of media/content this week.

Practice: Choose one of these five practices and repeat it daily. Peace grows through faithful practice, not one-time intention.

REMEMBERING RELEASES REJOICING.

Whatever has been getting bigger in your mind, bring it to Jesus. You are not only seeking the peace of God; you are coming into the presence of the God of peace.