

Good News Church GA  
**Men's Ministry**  
4-15-26

Sermon Series:  
***“Joy in the Journey”***  
Paul's letter to the Philippians

**SCRIPTURE TEXT: Philippians 4:1-9**

<sup>1</sup>Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends! <sup>2</sup>I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. <sup>3</sup>Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life.

<sup>4</sup>Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup>Let your gentleness be evident to all. The Lord is near. <sup>6</sup>Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup>And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

<sup>8</sup>Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. <sup>9</sup>Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

## Sermon & Book Notes

Sermon – *“The Freedom of Joy”* (Drue Warner)  
“Be Joyful” (Wiersbe) Ch. 11 – *“You Don't Have to Worry!”*

SERMON NOTES: Philippians 4:4 to *“Rejoice in the Lord always,”* is a command not a suggestion. This can be a very hard teaching (when we consider the immensely challenging circumstances we may face in life), but it's also a great blessing, because God wouldn't command us to do something if it were not possible.

SERMON NOTES: It's a great blessing to know that joy and rejoicing are possible regardless of our circumstances. The BIG question is, “Practically, how do we do this? The answer is to remember and meditate on who God is and what God has done in this world and in our lives. Rejoicing in the Lord is the key to life! Joy in the Lord affects everything.

*Worry (def): 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!* – Warren Wiersbe

Spiritually, worry is wrong thinking (the mind) and wrong feeling (the heart) about circumstances, people, and things.

Worry is the greatest thief of joy, but the antidote of worry is the secure mind (i.e., “The peace of God”). When you have the secure mind, the peace of God guards you and the God of peace guides you.

There is no need to worry! And worry is sin! Worry is saying to God, “I don’t trust You.”

- SERMON NOTES: *“Worry is not believing God will get it right, and bitterness is believing God got it wrong.”* – Tim Keller

See Matthew 6:24-34. With the peace of God to guard us and the God of peace to guide us – why worry?

To conquer worry, we must meet the conditions that God has laid down: 1) right praying 2) right thinking 3) right living

### **Right Praying (4:6-7)**

Right praying involves adoration, supplication, and appreciation. Paul puts these instructions at the end of Philippians because right praying depends on the right kind of mind.

- CH. 1 (Single Mind) > Adoration
  - How can a double-minded person ever praise God?
- CH. 2 (Submissive Mind) > Supplication
  - Would a person with a proud mind ever ask God for something?
- CH. 3 (Spiritual Mind) > Appreciation
  - A worldly-minded person would not know that God had given him anything to appreciate!

In other words, we must practice Philippians 1, 2, and 3 if we are going to experience the secure mind of Philippians 4. This doesn’t mean an absence of trials on the outside, but it does mean a quiet confidence (and peace) on the inside.

- SERMON NOTES: God’s peace is a deep, abiding peace that is **supernatural** (occurs in times when it doesn’t seem like peace is possible). God’s peace is **incomprehensible** to those who are not “in the Lord.” God’s peace **protects** our hearts and minds from fear, worry & unbelief
- SERMON ILLUSTRATION: “There is a scene in which **John Bradford** of Newgate is to be burned at the stake the next morning (July 1, 1555) in Smithfield. He swings himself on the bed post in very glee, and delights, for tomorrow is his wedding day. And he says to another, “Fine shining we shall make tomorrow, when the flame is kindled.” And he

smiles and laughs, and enjoys the very thought that he is about to wear the bloodied crown of martyrdom. Is Bradford mad! Ha, no, but he has got the peace of God that passeth all understanding.” - Charles Spurgeon (on Philippians 4:7)

### **Right Thinking (4:8)**

Peace involves the heart and the mind. “You will keep in perfect peace those whose minds are steadfast, because they trust in you” (Isaiah 26:3).

Wrong thinking leads to wrong feeling, and before long the heart and mind are pulled apart. We must “take every thought captive to make it obedient to Christ” (2 Cor. 10:5).

Sow a thought, reap an action. Sow an action, reap a habit. Sow a habit, reap a character. Sow a character, reap a destiny!

### **What do we think about?**

Whatever is TRUE.

- A survey on worry was done that indicated only 8% of the things people worry about were legitimate matters of concern. The other 92% never happened, were imaginary, or were uncontrollable.
- Satan is the liar (John 8:44) and he wants to corrupt our minds with his lies (2 Cor. 11:3).

Whatever is HONEST and JUST.

Whatever is PURE, LOVELY, and of GOOD REPORT.

Whatever possesses VIRTUE and PRAISE.

*“The Christian who fills his heart and mind with God’s Word will have a built-in “radar” for detecting wrong thoughts. **Right thinking is the result of daily meditation on the Word of God...** It’s one thing to ‘learn’ a truth. It’s quite another to ‘receive’ it inwardly and make it a part of your soul and spirit. Facts in the head are not enough; we must also have truths in the heart.” – Warren Wiersbe*

### **Right Living (4:9)**

You cannot separate outward action and inward attitude. Sin always results in unrest (unless the conscience is seared), and obedience lends itself to peace. Right living is a necessary condition for experiencing the peace of God.

- *“There is no pillow as soft as a clear conscience.” - Glen Campbell*

SERMON NOTES: Because of everything that Jesus has done on our behalf (i.e., lived a perfect life and gave us the credit, died the death that we should have died and paid for our sin, and became the bridge that reconciled us, by faith, back into relationship with God), we can always have overflowing and abundant joy. In fact, we are commanded to do so! And in this joy, we can find FREEDOM from conflict to unity, worry to peace, and darkness to beauty. Not only is the peace of God with us, but so also is the God of peace. *“Don’t worry, ‘bout a thing. ‘Cause every little thing gonna be alright.” – Bob Marley*

## Discussion Questions

1. Why is Paul so concerned about the conflict between Euodia and Syntyche? What's at stake?
2. What should we do if and when we experience conflict with another brother or sister in the church? Do you have any situations of conflict that need to be addressed?
3. *"Rejoicing in all things"* (vs. 4) is not always easy, but this is an important teaching of Paul. So practically, how do we do this? Why is this teaching important?
4. What is worry? What kinds of things do you worry about?
5. What do you think about this quote by Tim Keller, *"Worry is not believing God will get it right, and bitterness is believing God got it wrong."*?
6. What does Wiersbe say are the three conditions we must meet to conquer worry?
7. How can we have peace and not worry in the midst of difficulty?
8. How can we focus on what is "pure," "lovely," and "of good report" while in a world of immorality and corruption? Why is what we think about so important?
9. How can we have a built-in "radar" for detecting wrong thoughts?
10. What do you think about this teaching from Wiersbe when he says, *"You cannot separate outward action and inward attitude. Sin always results in unrest (unless the conscience is seared), and obedience lends itself to peace. Right living is a necessary condition for experiencing the peace of God."*?