

Sermon Notes
Good News Church
Joy in the Journey - "The Freedom of Joy"
Philippians 4:1-9
Drue Warner
4-12-26

PHILIPPIANS OVERVIEW

Resource: "Be Joyful" by Warren Wiersbe

Theme: "The Joy of Lord"

REVIEW **CH. 1** Because of Christ, we can have joy in all circumstances, good and bad, life and death. To live is Christ and to die is gain. It's a win-win! **CH. 2** Joy in action looks like emptying ourselves and serving others in an attitude of humility and love, and we see this perfectly in the life, death, and resurrection of Jesus. **CH. 3** Nothing at all compares to the joy found in knowing Jesus.

PREVIEW **CH. 4** - Find your joy again and again in Christ Jesus. When you do, you'll be able to love, have peace, experience beauty, and dwell in unity and contentment with God and God's people.

SCRIPTURE TEXT: Philippians 4:1-9 "The Freedom of Joy"

vs. 1-3 Freedom from Conflict (to Unity)

vs. 4-7 Freedom from Worry (to Peace)

vs. 8-9 Freedom from Darkness (to Beauty)

Philippians 4:1-3 Freedom from Conflict to Unity

¹Therefore, 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! ²I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. ³Yes, 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.

2b Euodia and Syntyche were called to "be of the same mind in the Lord."

- **We are called to be united in Christ (and rooted in the Word of God)**
 - PHILIPPIANS 2:2-3 - "Make my joy complete by **being like-minded, having the same love, being one in spirit and of one mind.** Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves."
- This story of conflict reminds me of the **church split** I heard of that was over who was going to be in charge of the **Wednesday night suppers.**
- **If you have a disagreement and it's resulting in conflict, you better do everything you can to figure it out and make peace.**
 - **How? See James 4:1, "What causes fights and quarrels among you? Don't they come from your desires that battle within you?"**

- **Quit trying to seek your way, and seek Yahweh.**

3b “...help these women”

- Unity in the Church is of the highest priorities, and we all should be available to help in the process of reconciliation

Philippians 4:4-7 **Freedom from Worry to Peace**

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

This is one of the hardest teachings in the Bible, but also one of the greatest blessings.

4 “Rejoice in the Lord always. I will say it again: Rejoice!”

- Joy and Rejoicing are the cure for disagreements! :) When our joy is in the Lord, it’s a whole lot harder for us to offend or be offended.
- Let your joy be unceasing and constantly repeating.. Re-Joy!
- **BIG QUESTION: Practically, how do we do this?**

Remember and meditate on who God is and what God has done.

Creator Savior Shepherd Defender Protector
 Redeemer Rescuer Companion Friend Guide
 Comforter Helper Joy Loving Father
 Wise Powerful Good Gracious Just

- **Rejoicing in the Lord is the key to life! Joy in the Lord affects everything.**

5 “Let your gentleness (patience) be evident to all. The Lord is near.”

- Gentleness (patience) is an incredibly important word when it comes to relationships. We can be patient with others because “the Lord is near” (i.e., we have experienced the Lord’s patience with us).

6a “Do not be anxious about anything,”

- *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
- This is a command, not a suggestion.
- Did you know that worry is actually a sin?
 - Why? It’s saying to God, “I don’t trust You.”
- *“Worry is not believing God will get it right, and bitterness is believing God got it wrong.”* – Tim Keller



"Curse God and die!" – Job 2:9

"Though He slay me, yet will I trust Him." – Job 13:15

6b "but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

- We are called to pray about everything (big, small, and everything in between). **Give it to God instead of doing it yourself.**
- Ask with gratitude.

7 "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

- 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

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)

Philippians 4:8-9 Freedom from Darkness to Beauty

8 "Whatever is true, noble (honorable), right (just), pure (chaste, free from sin), lovely, admirable (excellent or praiseworthy), think about these things."

- **This is exactly how we are able to rejoice again and again in the Lord.**
- When we focus our thoughts on that which is good and Godly, it affects our heart, our words, our actions, our **JOY**, and our relationships (with God and one another) > **UNITY**
- Everything in the culture is leading us in the opposite direction. We have to **FIGHT** to do this! We need each other's help!
- *"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 (see vs. 9, "Whatever you have*

learned or received or heard from me, or seen in me—put it into practice”). *Facts in the head are not enough; we must also have truths in the heart.*” – Warren Wiersbe

9 “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.”

- You cannot separate outward action and inward attitude.
- Sin always results in spiritual unrest (unless the conscience is seared)
- Obedience lends itself to peace.

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

FINAL THOUGHTS

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.

As the great theologian, Bob Marley, sang, *“Don’t worry, ‘bout a thing. ‘Cause every little thing gonna be alright.”*

And THAT’S Good News!