

Joy
Part 6 - The Joy of God's Peace

Philippians 4:4
"Rejoice in the Lord always. I will say it again: Rejoice!"

Worry and fear will rob you of joy and destroy the quality of your life. Most of our fears stem from our thoughts, but Paul gives us four keys to realign our focus and enjoy God's peace.

Read: Philippians 4:6-8

1. Worry About Nothing

It is human nature to expect the worst, but worrying is worthless! God says not to worry, "for I am with you" (Matthew 28:20, Romans 8:32). He has a promise for every concern; in fact, there are 365 messages in the Bible from God to "fear not."

Reflect: One way to define worry is assuming responsibility that God never intended you to have. How does this definition change your view of worrying? What burden(s) have you taken on that need to be given to God?

2. Pray About Everything

If it's big enough to worry about, then it's big enough to pray about. God is interested! He's into specifics, even down to the number of hairs on your head. 1 Peter 5:7 says, "let Him have all your worries and cares for He is always thinking of you."

Reflect: How can you increase your prayer and decrease your worry? What are some of the small things that you should pray about and haven't?

3. Thank God In All Things

The healthiest attitude is one of gratitude. The biggest reason thanks-giving provides peace is that it shifts your focus off of the problems and onto the blessings.

Read: 1 Thessalonians 5:18 King James Version (KJV)
"In everything give thanks: for this is the will of God in Christ Jesus concerning you."

Reflect: What three things are you thankful for today? How can you intentionally give thanks to God on a daily basis?

4. Think About The Right Things

In Romans 12:2 we are challenged to renew our minds because Paul knew the power of our thoughts - they can create worry or joy. Think about things you can praise God for! Fix your thoughts on what is good, true, and right (Philippians 4:8).

Reflect: "For as he thinks in his heart, so is he" (Proverbs 23:7). What does it mean to think with your heart? What areas of your life do you need to renew your thoughts about?

Summary

Philippians 4:7 reassures us that the joy of God's peace is a gift to us that transcends all understanding. God's peace acts as a guard for your heart. We can live with the joy of God's peace if we worry about nothing, pray about everything, thank God in all things, and think about the right things.

Prayer

Make time to pray for one another before you dismiss your group.