



- Joy is a byproduct of following **Jesus**.

4 Always be full of joy in the Lord; I say it again, rejoice! 5 Let everyone see that you are unselfish and considerate in all you do. Remember that the Lord is coming soon. Philippians 4:4-5 (NLT)

Joy is important because:

- Joy affects how we **treat** others.
...Make it as clear as you can to all you meet that you're on their side, working with them and not against them. Help them see that the Master is about to arrive. He could show up any minute! Philippians 4:4-5 (MSG)
- Joy expects Jesus to **return** at any time.
- Joy accepts that God is in **control** of everything I face.
- You can choose your **attitude** in all circumstances.

A perspective we need to choose:

Something **good** must come out of this, because **God** is involved.

1 My dear, dear friends! I love you so much. I do want the very best for you. You make me feel such joy, fill me with such pride. Don't waver. Stay on track, steady in God. Philippians 4:1 (MSG)

- Don't let **worry** into your life.
6 Don't worry about anything... Philippians 4:6 (NLT)

The dangers of worry:

- Worry changes our **outlook** on life.
- Worry changes our viewpoint on **God**.

Worry **imagines** a scenario in our future without God's presences, power and protection.

- The thoughts we allow becomes the **behavior** of our lives.
Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think... Romans 12:2 (NLT)

You can't have a positive **life** with negative **thoughts**.

"If your sinful nature controls your mind, there is death. But if the Holy Spirit controls your mind, there is life and peace." Romans 8:6 (NLT)

4 (for the weapons of our warfare are not of the flesh, but mighty before God to the casting down of strongholds); 5 casting down imaginings, and every high thing that is exalted against the knowledge of God, and bringing every thought into captivity to the obedience of Christ... 2 Corinthians 10:4-5 (ASV)

A stronghold is: a wrong thought **pattern**.

If you want to stop worrying:

- **Pray** about **everything** that concerns you.

6 Don't worry about anything; instead, pray about everything. Tell God what you need... Philippians 4:6a (NLT)

- **Thank** Him for everything He's already **done**.
6...Tell God what you need, and thank him for all he has done. Philippians 4:6b (NLT)

Prayer + Thankfulness = **Peace**

- Change how you **think**.

⁸And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:8 (NLT)

Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Philippians 4:8 (MSG)

Daily choices that change our thoughts:

- I must feed my mind on God's **truth**.

"Even in the darkest of night, your teachings fill my mind." Psalm.16:7 (CEV)

- I must free my mind of **destructive** thoughts.

- I must focus my mind on the **right** things.

⁸And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:8 (NLT)

7 Give all your worries and cares to God, for he cares about you. 1 Peter 5:7 (NLT)



**TO CREATIVELY LOVE AND LEAD PEOPLE
IN A GROWING RELATIONSHIP WITH JESUS.**

Questions for Connection Groups:

These questions also work well for personal time with God.

- Was there a scripture and/or point that spoke most to you from the Talk on Sunday? Explain why?
- How is your worry level? What do you think Paul means when he says: "Don't worry about anything"?
- How does worry change our outlook on life and God?
- Do you find that Jesus' return fills you with joy? Explain
- Does it remove worry in your life when you realize that God is in charge? Why?
- Do you believe that God is involved in everything in your life? How does that affect you level of worry?
- How important are our thoughts if we want to experience God's joy?
- Do you have any strongholds in your life?
- Do you take your thoughts captives to be obedient to Christ? Explain.
- Do you find that prayer removes your worries? Explain.
- In your experience, does being thankful remove worry and establish joy? Explain.
- In your own words, how is Paul instructing us to think according to verse 8?
- What are some truths you need to meditate on?
- What are some destructive thoughts you need to eliminate?

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