

STRESS BUSTERS

PHILIPPIANS 4:4-9

DR. JOHN GOETSCH | SUNDAY EVENING | AUGUST 20, 2017

“Rejoice in the Lord always: and again I say, Rejoice. 5 Let your moderation be known unto all men. The Lord is at hand. 6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. 8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. 9 Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.” (Philippians 4:4-9)

INTRODUCTION

1. A CHEERFUL _____ (v. 4)

*“Meekness, temperance: against such there is no law.”
(Galatians 5:23)*

A. There Is Joy in _____

“I will greatly rejoice in the LORD, my soul shall be joyful in my God; for he hath clothed me with the garments of salvation, he hath covered me with the robe of righteousness, as a bridegroom decketh himself with ornaments, and as a bride adorneth herself with her jewels.” (Isaiah 61:10)

“And the ransomed of the LORD shall return, and come to Zion with songs and everlasting joy upon their heads: they shall obtain joy and gladness, and sorrow and sighing shall flee away.” (Isaiah 35:10)

B. There Is Joy in _____

“Then Philip went down to the city of Samaria, and preached Christ unto them. 6 And the people with one accord gave heed unto those things which Philip spake, hearing and seeing the miracles which he did. 7 For unclean spirits, crying with loud voice, came out of many that were possessed with them: and many taken with palsies, and that were lame, were healed.” (Acts 8:5-7)

“If ye be willing and obedient, ye shall eat the good of the land: 20 But if ye refuse and rebel, ye shall be devoured with the sword: for the mouth of the LORD hath spoken it.” (Isaiah 1:19-20)

C. There Is Joy in the _____

“Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts.” (Jeremiah 15:16)

“Happy is the man that findeth wisdom, and the man that getteth understanding. 14 For the merchandise of it is better than the merchandise of silver, and the gain thereof than fine gold. 15 She is more precious than rubies: and all the things thou canst desire are not to be compared unto her. 16 Length of days is in her right hand; and in her left hand riches and honour. 17 Her ways are ways of pleasantness, and all her paths are peace. 18 She is a tree of life to them that lay hold upon her: and happy is every one that retaineth her.” (Proverbs 3:13-18)

D. There Is Joy in _____

“Moreover, brethren, we do you to wit of the grace of God bestowed on the churches of Macedonia; 2 How that in a great trial of affliction the abundance of their joy and their deep poverty abounded unto the riches of their liberality.” (2 Corinthians 8:1-2)

E. There Is Joy in _____

“They that sow in tears shall reap in joy. 6 He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheaves with him.” (Psalm 126:5-6)

2. A CONSTANT _____ (v. 5)

“Come unto me, all ye that labour and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. 30 For my yoke is easy, and my burden is light.” (Matthew 11:28-30)

“And Enoch walked with God: and he was not; for God took him.” (Genesis 5:24)

3. A CONDEMNED _____ (v. 6a)

“Casting all your care upon him; for he careth for you.” (1 Peter 5:7)

“I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.” (Galatians 2:20)

“Trust in the LORD with all thine heart; and lean not unto thine own understanding. 6 In all thy ways acknowledge him, and he shall direct thy paths.” (Proverbs 3:5-6)

“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. 4 Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength.” (Isaiah 26:3-4)

“Are not five sparrows sold for two farthings, and not one of them is forgotten before God? 7 But even the very hairs of your head are all numbered. Fear not therefore: ye are of more value than many sparrows.” (Luke 12:6-7)

4. A CONDITIONED _____ (v. 6b)

“Seek the LORD and his strength, seek his face continually.” (1 Chronicles 16:11)

“Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.” (Matthew 7:7)

“Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.” (John 16:24)

“Is any among you afflicted? let him pray. Is any merry? let him sing psalms.” (James 5:13)

“In every thing give thanks: for this is the will of God in Christ Jesus concerning you.” (1 Thessalonians 5:18)

“Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.” (Psalm 100:4)

5. A COGNITIVE _____ (v. 8)

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. 2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” (Romans 12:1-2)

“For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.” (Proverbs 23:7)

6. A COMMANDED _____ (v. 9a)

“Therefore to him that knoweth to do good, and doeth it not, to him it is sin.” (James 4:17)

“If ye know these things, happy are ye if ye do them.” (John 13:17)

“But be ye doers of the word, and not hearers only, deceiving your own selves.” (James 1:22)

CONCLUSION

