

## CC Hastings 10/14/18 - REJOICE ALWAYS; DON'T WORRY; PRAY!

Be Rejoicing! (Phil. 4:4)

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Be Rejoicing! (Phil. 4:4)

**Php 4:4 Rejoice (active imperative – rejoice and keep on rejoicing!) in the Lord always** (only in Him, who you are and what you have in Christ!). **Again I will say, rejoice!**

**v. 4** Here we see a major theme of the letter repeated (rejoice, joy, root word, used as least 17 times in Philippians): **Rejoice in the Lord always. Again I will say, rejoice!** Despite Paul writing this letter under the circumstance of his being in jail, chained to guard, , joy or **Rejoice** is mentioned often in Philippians. Cf. **Php 1:4; Php 1:18; Php 1:25; Php 2:2, 16-18; 28; Php 3:1, 3; Php 4:1, 4.**

**Rejoice in the Lord, and again I say, this is the mark of spiritual maturity: Rejoice in the Lord. "In everything give thanks, for this is the will of God in Christ Jesus concerning you", he writes to the Thessalonians.**

**Learn that all that comes into your life, even these irritating disagreements with others, is sent of the Lord either to reveal something in your own heart that you haven't seen or to give you an opportunity to manifest the sweet reasonableness of the Lord Jesus.**

**Regardless of circumstances or difficulties, we should really rejoice in the confidence that God was and is always in control. God intends us to be happy as we are obedient to His word!**

**"In every case of difficulty we are faced with this situation: I can't. He can. Therefore I can." Paul says, "I can do all things through Him who strengthens me." Sometimes we hide behind "I can't", when we really mean, "I won't."**

His promised, soon return, it makes it all the more easy to *rejoice in the Lord* and to show *gentleness* to all men.

**v. 4** What a privilege of Christians to ***rejoice!*** Division always takes away joy. Here Paul is exhorting to rejoice! Always! There is not a moment of a Christian's life in which he may not find joy in the character, law, and promises of God. He now says, ***Again I will say, rejoice!***

**How we need to be reminded to rejoice in the Lord!!**

Be Gentle (v.5)

**Php 4:5 Let your gentleness (yielding, tender mercies, sweet reasonableness) be known (that is what people see!) to all men. The Lord is at hand.**

**v. 5 ... gentleness... (*epieikeia*), translated *gentleness* here. Other Bible translations include patience, softness, the patient mind, modesty, forbearance, the forbearing spirit, or magnanimity. v. 5: "Let all men know your (gentleness) forbearance"-your sweet reasonableness, which I think is the best translation of the Greek. Let everyone see. That's why you are a Christian that they might see how sweet and reasonable you are in Christ.**

Jesus showed this *gentleness* with the woman who was taken in adultery. This word describes the heart of a person who will let the Lord fight his battles.

...*known to all men*: The sphere is broad. We are to show this gentleness to *All men*, not just to whom we want....

***The Lord is at hand!!*** In the early church, including Paul, were expecting the Lord to return at any time. We don't really have time to be involved in differences and in petty differences.

When we live with the awareness of Jesus' soon return,

- **It makes it all the more easy to rejoice in the Lord and to show gentleness to all men.**
- **It gives an urgency to getting the gospel out.** We don't have much time! Let's get the gospel out while we have the opportunity.
- **It gives to us a good sense of priority as to the things that are really important.** It gives us that urgency, that realization, that we need to place the major emphasis upon the work of the gospel upon the things of the Spirit.
- **It gives a purity to our walk and to our lives, knowing that at any moment, the trump of God can sound.** We who are alive and remain shall be caught up and meet the Lord in the air, in a moment, in a twinkling of an eye.
- **It has a great emphasis towards holy living.** We don't want to be engaged in some unholy activity when the Lord comes for His church. Many believe that we are blessed to possibly be in that last generation and that the Lord is coming soon.

**v. 5 May our gentleness be obvious to everyone!** We must live with the awareness of Jesus' soon return, making it all the more easy to rejoice in the Lord and to show gentleness. He will make everything right at His return! **How expectant are we for His return?**

#### **Be Anxious for nothing (v.6)**

**Php 4:6 Be *anxious for nothing*** (Stop being anxious! Do not worry!! (means to strangle yourself); it doesn't get you anywhere), Pray

Husband tells his wife to stop worrying because it doesn't do any good. She speaks back saying, oh, yes it does! 90% of the things I worry about never happen!

**but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;**

**We are to worry about nothing, because we pray about everything!**

Paul's answer to this is a blunt, "Have no anxiety about anything." These are not just Paul's words. This reflects the position of scripture from Genesis through Revelation. **The entire Word of God is a constant exhortation to believers to stop worrying. It is everywhere forbidden to those who believe in Jesus Christ, and I think one of the most serious areas of unbelief is our failure as Christians to face the problem of worry as sin.** Because that is what it is. Worry is not just something everyone does and therefore it must be all right. It is definitely labeled a sin in the scriptures, and the exhortation is everywhere: **stop it! Have no anxiety about anything.** "Look, you'll never get over this until you face it for what it is, a sin for a believer to worry. It is a sign of unbelief, and calling God a liar." That is why scripture says, "have no anxiety about anything."

**v. 6 Be anxious for nothing:** A command, not an option. We are not to intrude into an arena that belongs to God alone. ...**everything by prayer and supplication:** **Everything** is the proper subject of prayer. **Prayer and supplication:** These two aspects of prayer are similar, but distinct. **Prayer** is a broader word that can mean all of our communication with God, but **supplication** directly asks God to do something. **(Keep it up! Over and over again!)** Often our prayers go unanswered because we do not *ask* God for anything. **let your requests be made known.** He

wants to know. ***Be made known***: God already knows our requests before we pray them; yet He will often *wait* for our participation through prayer before granting that which we request. ***With thanksgiving***: This guards against a whining, complaining spirit before God when we let our requests be made known.

"Father, if it be possible, let this cup pass from me. **Nevertheless, not my will but thine be done.**"

**v. 6** We really can be anxious for nothing, pray about everything, and be thankful for anything.

**Anxiety disorders are the most common of all mental health problems. Research into these disorders has shown that up to 1 in 4 adults will have an anxiety disorder in their lifetime, and that up to 1 in 10 people will have an anxiety disorder each year.**

#### **Anxiety Disorder Statistics**

**Anxiety Disorders affect 18.1 percent of adults in the United States (approximately 40 million adults between the ages of 18 to 54). - National Institute of Mental Health (NIMH).**

Current estimates put this number much higher - approximately 30 percent - as many people don't seek help, are misdiagnosed, or don't know they have issues with anxiety. According to *The Economic Burden of Anxiety Disorders*, a study commissioned by the ADA and based on data gathered by the association and published in the *Journal of Clinical Psychiatry*, **anxiety disorders cost the U.S. more than \$42 billion a year, almost one third of the \$148 billion total mental health bill for the U.S.**

More than \$22.84 billion of those costs are associated with the repeated use of healthcare services, as those with anxiety disorders seek relief for symptoms that mimic physical illnesses.

People with an anxiety disorder are three-to-five times more likely to go to the doctor and six times more likely to be hospitalized for psychiatric disorders than non-sufferers.

Anxiety has become **the number one mental health issue in North America**. It's estimated that one third of the North American adult population experiences anxiety unwellness issues.

#### **Be at Peace (v.7)**

**Php 4:7 and the peace of God** (promised result!),

**which surpasses all understanding, will guard your hearts and minds through Christ Jesus.**

So as in everything we let our requests be made known to God, **the result is peace. The peace of God that passes all understanding will keep your hearts and your minds in Christ Jesus.**

**v. 7 And the peace of God**: It is beyond "all mind"; meaning it is beyond our power of thinking. **Which surpasses all understanding**: It isn't that it is senseless and therefore impossible to understand, but that it is beyond our ability understand and to explain - therefore it must be experienced. **Guard** (military action) **your hearts and minds**: This is what the peace of God does for us. It's a peace that is on **guard** over our heart and mind.

**v. 7** This peace will keep our hearts and minds through Christ Jesus. **It will guard us from sinning under our troubles, and from sinking under them.** It will keep us calm and sedate, without discomposure of passion, and with inward satisfaction. **You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You., Isa 26:3.**

Sometimes it is a peace that grips you in the midst of the most distressing circumstances, and you ask how can you explain it. **The answer is you can't. It's a peace that passes understanding. I don't understand it. I've experienced it many times**

**Be thinking good thoughts (v.8)**

***Php 4:8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.***

***Meditation Illustration***

***Morning, October 12***

**Go To Evening Reading**

***“I will meditate in thy precepts.”***

**Psalm 119:15**

***There are times when solitude is better than society, and silence is wiser than speech. We should be better Christians if we were more alone, waiting upon God, and gathering through meditation on his Word spiritual strength for labour in his service. We ought to muse upon the things of God, because we thus get the real nutriment out of them. Truth is something like the cluster of the vine: if we would have wine from it, we must bruise it; we must press and squeeze it many times. The bruiser’s feet must come down joyfully upon the bunches, or else the juice will not flow; and they must well tread the grapes, or else much of the precious liquid will be wasted. So we must, by meditation, tread the clusters of truth, if we would get the wine of consolation therefrom. Our bodies are not supported by merely taking food into the mouth, but the process which really supplies the muscle, and the nerve, and the sinew, and the bone, is the process of digestion. It is by digestion that the outward food becomes assimilated with the inner life. Our souls are not nourished merely by listening awhile to this, and then to that, and then to the other part of divine truth. Hearing, reading, marking, and learning, all require inwardly digesting to complete their usefulness, and the inward digesting of the truth lies for the most part in meditating upon it. Why is it that some Christians, although they hear many sermons, make but slow advances in the divine life? Because they neglect their closets, and do not thoughtfully meditate on God’s Word. They love the wheat, but they do not grind it; they would have the corn, but they will not go forth into the fields to gather it; the fruit hangs upon the tree, but they will not pluck it; the water flows at their feet, but they will not stoop to drink it. From such folly deliver us, O Lord, and be this our resolve this morning, “I will meditate in thy precepts.”***

**v. 8 Whatever things are true... Noble . . . just . . . pure . . . lovely . . . good report . . . virtue . . .**

***. praiseworthy:*** As a Christian, we are to determine what we set our minds on! Make these things that you are going to think about! Things which are the fruit and the food of the mind that is guarded by the peace of God. When we put these good things into our mind a, they *stay* in our mind and then work come forth from us. ***Meditate on these things:*** In **Rom 12:2** we are to be transformed by the renewing of your mind and in **2Cor, 10:5** it’s important that we *cast down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.* What we choose to ***meditate on*** matters. It is a practical way to bring every thought into captivity to the obedience of Christ.

**v. 8 God’s peace will guard us, but then we are to guide our understanding! Are we constantly thinking about, meditating over, good things? Things that are true, noble, just, pure, lovely, of good report? We are told here to do just that! Do you think you have been enabled to do this?**

**Be Practicing these things (v.9)**

***Php 4:9 The things which you learned and received and heard and saw in me, these do***  
(practice these things!), ***and the God of peace will be with you.***

***v. 9 ...which you learned and received and heard and saw in me, these do:*** Paul's integrity slowed him to present himself as an example of all these things.. He could say, "Follow me as I follow Jesus."...***God of peace will be with you:*** If they Philippians did as Paul has instructed, not only would they have the peace of God, but the ***God of peace*** would also be with them.

***v. 9*** Notice the good things are the things we have ***learned and received, heard*** and seen demonstrated. Paul proposes himself to them for an example. It gives a great force to what we say to others when we can appeal to what they have seen in us. This is the way to have the God of peace with us - to keep close to our duty to Him. These are the things, an imperative – we must continually do! Then the promise is, ***the God of (this) peace will be with you. It will guard your thoughts!***

**DO THESE THINGS!**

**PRACTICE THESE THINGS!**

**Be an example! Live the life! Paul lived the example! These are the things we should do – then the peace of God, which surpasses understanding!**