

The Joy of Good Living
Philippians 4:3-9
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Introduction

Cultivating Genuine Joy

What is genuine joy? Philippians 4:3-5

- Joy involves remembering our identity in Christ.

Joy killer #1: anxiety. Philippians 4:6-7

- Resting in the *peace of God*
 - *Transcends* = take hold of you
 - *Guard our hearts* = two way access
- Implications for you
 - It requires a choice.
 - It requires faith.

Joy killer #2: sinful living. Philippians 4:8-9

1. Step #1: think about the things of Christ (8)
2. Step #2: do the things of Christ (9)

Philippians 4:3-9

³ Yes, 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.

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.

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 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.