



TODAY'S MESSAGE:

Rediscovering Joy #7

Bob Schwahn | Lead Pastor | February 26, 2023

*Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. **Philippians 4:4-5 (NIV)***

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **Philippians 4:6-7 (NIV)***

ANXIETY = 1/FAITH

*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. **Philippians 4:8 (NIV)***

*The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. **2 Corinthians 10:4-5 (NIV)***

"Think about what you think about."

PRACTICE:

*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. **Philippians 4:9 (NIV)***

1) Pause and remind yourself that God is PRESENT (v. 5)
GOD'S PRESENCE = PEACE

2) Pause and remind yourself that God is in CONTROL
GOD'S CONTROL = PEACE

*Cast all your anxiety on him because he cares for you. **1 Peter 5:7 (NIV)***

3) Pause and REFOCUS your THINKING (v. 8)
"Think about what you think about."
RIGHT THINKING = PEACE

*Rejoice with those who rejoice; mourn with those who mourn. **Romans 12:15 (NIV)***



Reflection Questions:

- 1) What was one thing that grabbed your attention from the sermon? Did you sense any nudges from the Holy Spirit?
- 2) What circumstances in your life bring anxiety to your soul? What keeps you up at night?
- 3) What are some "perfect storms" that you have weathered in your life? How did you get through these difficult times?
- 4) Would your thoughts and emotions change in anxious circumstances if you knew that Jesus was right there with you, holding your hand and listening to you and assuring you? Even if your circumstances didn't change?
- 5) Why is it important to come to God not just with requests but with gratitude and thankfulness?
- 6) Why do you think your thoughts are so important when it comes to dealing with anxiety?
- 7) Paul seems to be suggesting that when your thinking is spiritually sound, your circumstances will stop stealing your joy. How have you experienced this in your life? How can we learn to "think about what we think about"?

*We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. **2 Corinthians 10:5 (NIV)***

- 8) How do we "take thoughts captive to make them obedient to Christ"?
- 9) What are some of your most destructive thought patterns?
- 10) What conclusions, if any, should you draw from the fact Paul speaks about thinking in verse 8 and about doing in verse 9?
- 11) Paul says that we need to put some things "into practice" (v. 9). What is one thing that you have learned that you can put into practice to deal with the anxiety of circumstances?