



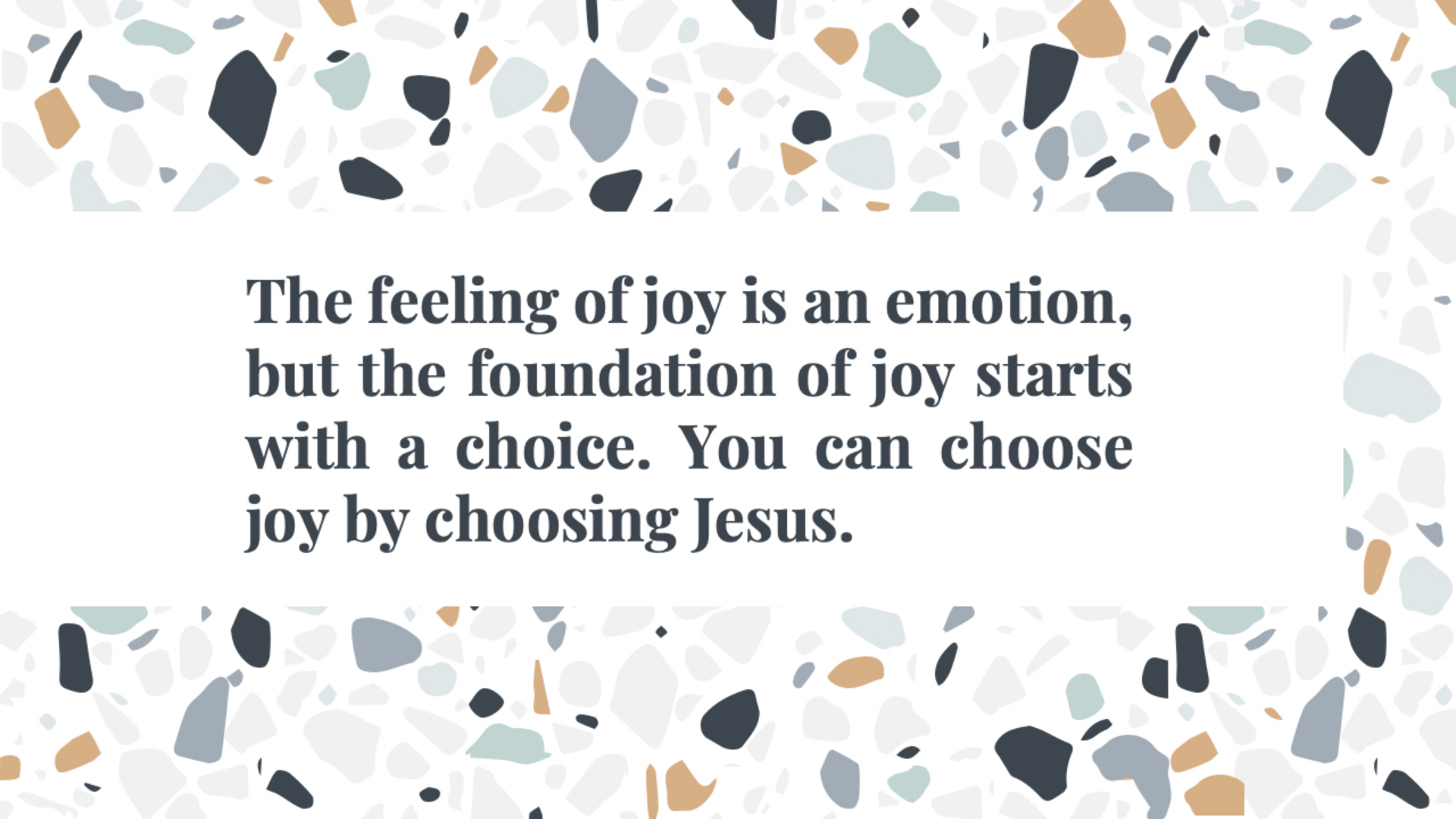
# ALWAYS CHOOSE JOY

A Journey through Philippians




<sup>16</sup> Always be joyful.

**1 THESSALONIANS 5:16 NLT**

A decorative border with a speckled pattern of light blue, dark blue, and orange-brown shapes on a white background, framing the central text.

**The feeling of joy is an emotion,  
but the foundation of joy starts  
with a choice. You can choose  
joy by choosing Jesus.**




<sup>1</sup>Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.

<sup>2</sup>I entreat Euodia and I entreat Syntyche to agree in the Lord. <sup>3</sup>Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life.

**PHILIPPIANS 4:1-9 ESV**






<sup>4</sup>Rejoice in the Lord always; again I will say, rejoice. <sup>5</sup>Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup>do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup>And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

**PHILIPPIANS 4:1-9 ESV**





<sup>8</sup>Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. <sup>9</sup>What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

**PHILIPPIANS 4:1-9 ESV**





# Paul's “honey do” list





**Stand firm  
in the Lord**

**V.1**





## Stand firm in the Lord

v.1

We can only stand firm when we are in the Lord; any other place is not a secure place to stand.

A decorative border on the left side of the page, featuring a pattern of colorful pebbles in shades of blue, green, orange, and grey.

Agree in  
the Lord  
vs.2-3



**Agree in  
the Lord**  
**vs.2-3**

Whatever the dispute was about, Euodia and Syntyche had forgotten that they have a greater common ground in Jesus Christ. They forgot that everything else was less important than that common ground.



**Rejoice in  
the Lord**

**V.4**



## Rejoice in the Lord

v.4

Paul's joy wasn't based in a sunny optimism or positive mental attitude as much as it was the confidence that God was in control. It really was a joy in the Lord.



**Act like  
the Lord**

**v.5A**



## Act like the Lord

v.5A

Paul used an interesting ancient Greek word here, *epieikeia*. It can be translated as gentleness, unselfishness, kindness, patience, moderation and graciousness.



## Act like the Lord

v.5A

It describes a person who is really free to let go of their anxieties and all the things that cause them stress, because they know that the Lord will take up their cause.





**Trust in  
the Lord**  
**vs.5B-6**



## Trust in the Lord vs.5B-6

This is a command, not an option.  
Undue care is an intrusion into an  
arena that belongs to God alone. It  
makes us the father of the household  
instead of being a child.



**Paul mentions two aspects of  
prayer are similar, but distinct:**





# Paul mentions two aspects of prayer are similar, but distinct:

## Prayer

broader word that can mean all of our communication with God





# Paul mentions two aspects of prayer are similar, but distinct:

## Prayer

broader word that can mean all of our communication with God

## Supplication

directly asks God to do something





**Have the**  
**peace of**  
**the Lord**

**v.7**



# Have the peace of the Lord

V.7

The Bible describes three great aspects of peace that relate to God:



# Have the peace of the Lord

V.7

The Bible describes three great aspects of peace that relate to God:

- Peace from God





# Have the peace of the Lord

v.7

The Bible describes three great aspects of peace that relate to God:

- Peace from God
- Peace with God



# Have the peace of the Lord

v.7

The Bible describes three great aspects of peace that relate to God:

- Peace from God
- Peace with God
- Peace of God



Meditate on  
things of and  
from Lord


v.8



**Meditate on  
things of and  
from Lord**

**v.8**

These things, Paul would say, 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, they stay in our mind and then come forth from us.



⁹What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

**PHILIPPIANS 4:9 ESV**

