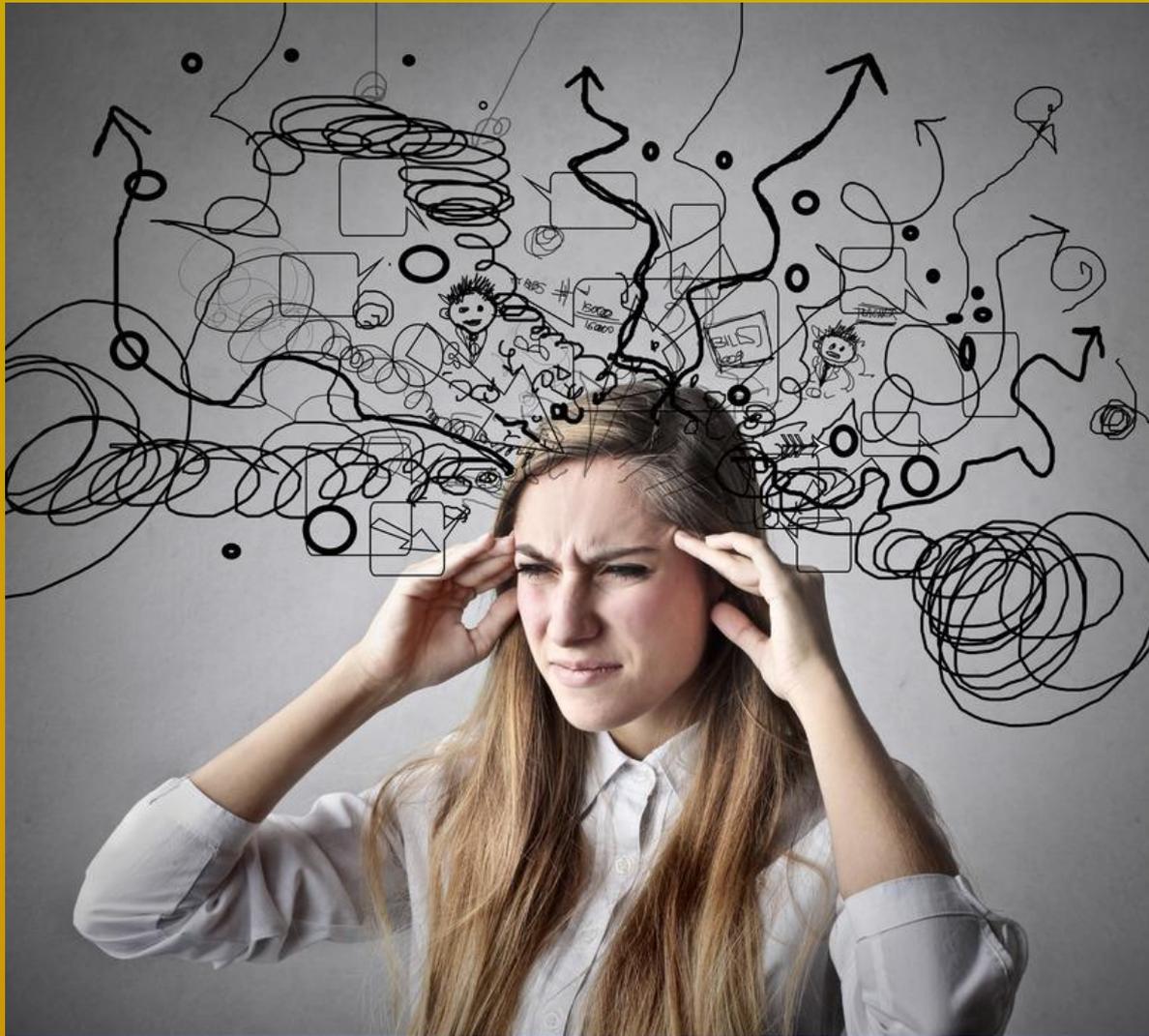


JOY

IN THE JOURNEY



JOY IN YOUR THOUGHTS





Having Joy in Your Thoughts ...

Open Bibles to Philippians 4



Having Joy in Your Thoughts ...

I. Attack Anger



“I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. 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.” – Philippians 4:2-3



Having Joy in Your Thoughts ...

I. Attack Anger

1. live in harmony in the Lord.



“I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. 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.” – Philippians 4:2-3

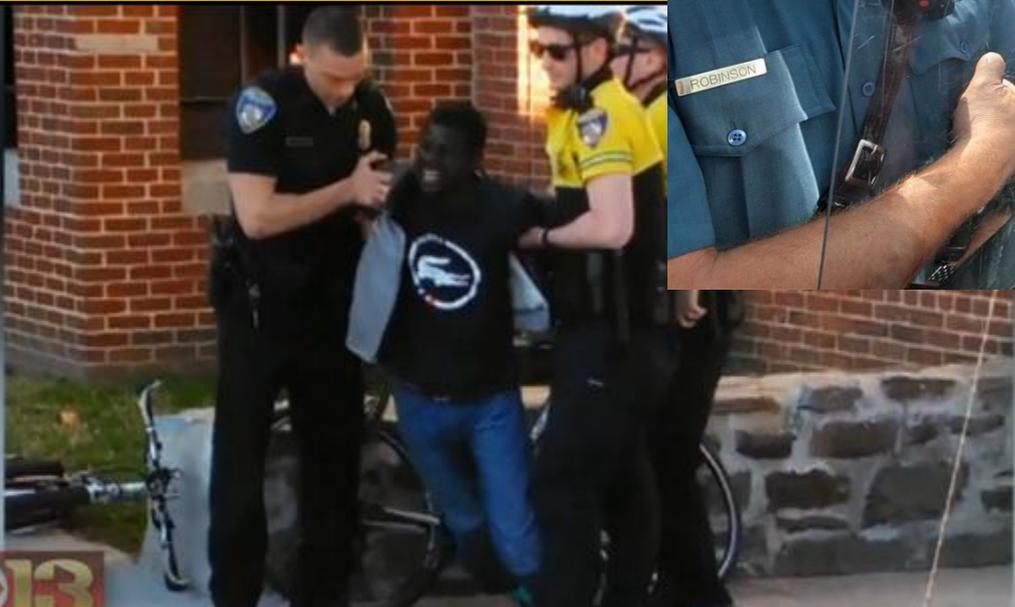


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Having Joy in Your Thoughts ...

I. Attack Anger

1. live in harmony in the Lord.

2. Help each other.

“I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel ... – Philippians 4:2-3



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Having Joy in Your Thoughts ...

I. Attack Anger

1. live in harmony in the Lord.
2. Help each other.

“Rejoice in the Lord always. I will say it again: Rejoice!” – Philippians 4:4



Having Joy in Your Thoughts ...

I. Attack Anger

1. live in harmony in the Lord.
2. Help each other.
3. Demonstrate Gentleness.



Having Joy in Your Thoughts ...

I. Attack Anger

1. live in harmony in the Lord.
2. Help each other.
3. Demonstrate Gentleness.

*“Let your gentleness be evident to all.
The Lord is near.” – Philippians 4:4*



Having Joy in Your Thoughts ...

I. Attack Anger

II. Abolish Anxiety.



“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



Having Joy in Your Thoughts ...

I. Attack Anger

II. Abolish Anxiety.

1. nothing is worthy of my anxiety.

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” – Philippians 4:7



Having Joy in Your Thoughts ...

I. Attack Anger

II. Abolish Anxiety.

1. nothing is worthy of my anxiety.

2. everything is worthy of my prayers.

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” – Philippians 4:6



How do you pray?



How do you pray?

*“by prayer and petition, with thanksgiving,
present your requests to God.”*



How do you pray?

Adoration: you talk to God about God.



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Supplication: you make practical requests.



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Adoration: you talk to God about God.

Supplication: you make practical requests.

Thanksgiving: for what He's done, and what He's going to do.



How do you pray?

Adoration: you talk to God about God.

Supplication: you make practical requests.

Thanksgiving: for what He's done, and what He's going to do.

Humility. Make requests, not demands of God.



“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” – Philippians 4:7



Having Joy in Your Thoughts ...

I. Attack Anger

II. Abolish Anxiety.

III. Adjust your Attention

“Finally brothers, whatever’s true, whatever’s noble, whatever’s right, whatever’s pure, whatever’s lovely – Philippians 4:8





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Having Joy in Your Thoughts ...

I. Attack Anger

II. Abolish Anxiety.

III. Adjust your Attention

“Finally brothers, whatever’s true, whatever’s noble, whatever’s right, whatever’s pure, whatever’s lovely – Philippians 4:8







“Finally brothers, whatever’s true, whatever’s noble, whatever’s right, whatever’s pure, whatever’s lovely whatever’s admirable, if anything is excellent or praiseworthy think about such things.” – Philippians 4:8



True: That which will not let you down.

Noble: That which lifts your eyes up.



“Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.”

– Colossians 3:1-2



True: That which will not let you down.

Noble: That which lifts your eyes up.

Right: Things being done God's way

Pure: Not tarnished & innocent

Lovely: That which is motivated by love.

Admirable, Excellent, Praiseworthy: Above
Reproach. Approved by God.



“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.”

– Philipppians 4:9

