

Anxious for Nothing “Rejoice in the Lord Always!”

Philippians 4:4

Rejoice in the Lord always.

Troubles are real.

... In the world you will have tribulation.

Jn. 16:33

Life is tough

Everyone is either -

- . Entering a storm
- . Going through a storm
- . Coming out of a storm

To rejoice in the Lord always is
a decision not an emotion.

Happiness is an emotion

Joy is a decision

Be anxious for nothing.

“The presence of anxiety is unavoidable... but the prison of anxiety is optional.”

Max Lucado

Be careful, or your hearts will be weighed down with... the anxieties of life.

Luke 21:34

Anxiety in a man's heart weighs him down...

Prov. 12:25

Anxiety - (latin) to choke or to squeeze

Casting all your anxieties on Him because He cares for you.

1 Peter 5:7

We can't stop anxiety from coming, but we can make some decisions that can stop it from ruling our hearts.

What decisions do I need to make that will produce joy in my life?

Rejoice (present tense)

“in the LORD!”

1. Trust His plan

And I am sure of this, that He who began a good work in you will bring it to completion at the day of Jesus Christ. Phil. 1:6

No human wisdom or understanding or plan can stand against the Lord. Prov. 21:30

Clarence Darrow – compared his life to a ship “tossed by every wave and by every wind; a ship headed to no part and no harbor, with no rudder, no compass, no pilot simply floating for a time, then lost in the waves.”

What then? Only that in every way, whether in pretense or in truth Christ is proclaimed and in that I rejoice, I will rejoice.

Phil. 1:8

Rejoice that your names are written in heaven. Lk. 10:20
For it is God who works in you. Both to will and to work for His good pleasure. Phil. 2:13

Rejoice in hope.

Rom. 12:12

Anxiety imagines the worst possible future. Joy comes when I trust God – trust my future to Him.

2. Trust His purposes

When we are absorbed in the threat of difficult circumstances or difficult people, we are not absorbed in God. Are we placing them on a higher pedestal than God Himself?

“God will not change our circumstances, until the circumstances that He’s allowed in our lives change us.”

Vernon Brewer

Complete my joy by being of the same mind have the same love, being in full accord and of one mind.

Phil. 2:2

Have this mind among yourselves, which is yours in Christ Jesus.

Phil. 2:5

- Path of humility
- Path of being a servant
- Path of following His Father’s purposes
- Path of love.

Jesus was full of joy.
Heb. 12:2

3. Trust His promises

And my God will supply every need of yours according to His riches in glory in Christ Jesus. Phil. 4:19

“Faith never denies reality but it leaves room for God to grant a new reality.” Jim Cymbala

Riches in glory in Christ Jesus

- . All the treasures of wisdom and knowledge - Col. 2:3
- . All the fullness of Deity – Col. 1:19
- . All the spiritual blessings in heaven – Eph. 1:3
- . All that is needed to live for Him –
2 Peter 1:3
- . All the grace we will ever need – Eph. 1:7

The worst thing the flyer can do is to try to catch the catcher. I am not supposed to catch Joe. It's Joe's task to catch me. If I grabbed Joe's wrists, I might break them, or he might break mine, and that would be the end for both of us. A flyer must fly, and a catcher must catch, and the flyer must trust, with outstretched arms, that his catcher will be there for him.”

4. Trust His power

I can do all things through Him who strengthens
Phil. 4:13

“We simply cannot experience His strength while bearing the weight of life in our own strength.”
Chris Tiegreen

... and He upholds the universe by the word of His power.
Heb. 1:3

In Him all things hold together.
Col. 1:17

The joy of the Lord is your strength. Neh. 8:10

This is the day the Lord has made – Let us rejoice and be glad in it.
Ps. 118:24

“We have no power from God unless we live in the persuasion that we have none of our own.”
John Owen

It's ok to feel -
. Weak

- . Insufficient
- . Overwhelmed

“Worry does not empty tomorrow of its sorrow; it empties today of its strength.” Corrie Ten Boom

5. Trust His Presence

For to me to live is Christ...
Phil. 1:21

Worry – to micromanage God

Joy is the echo of God’s life within us”
Max Lucado

Blessed is the man who trusts in the Lord, whose trust is the Lord. He is like a tree planted by water that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit.
Jer. 17:7-8

You are a hiding place for me.
Ps. 32:7

“God is too good to be unkind and He is too wise to be mistaken. And when we cannot trace His hand we must trust His heart.”

Charles Spurgeon

He is not “part” of our life –
He is your life!

Remember...

C - Celebrate His goodness

A - Ask God for help

L - Leave your concerns with God

M - Meditate on good things

“Faith is taking the first step
even when you don’t see
the whole staircase.”

Martin Luther King Jr.