

Don't Worry, Be Happy **Philippians 4:4-7 (NKJV)**

4 Rejoice in the Lord always. Again I will say, rejoice!

5 Let your gentleness be known to all men. The Lord is at hand.

6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

You might think that this all some very nice talk but does it relate to real life.

It's always darkest before the light. Or; When you reach the end of the rope, tie a knot and hang on. Or;

Well that all depends on the person who is writing this to us. And since it is Paul the great Apostle to the gentiles, as he sits in prison in Rome, we can be assured that this is not just some high platitude.

When we have problems in life, there are some who have the answer, even though they do not know how we feel and they have never gone through it before.

We should always be careful giving pat answers to those who are facing real problems.

But it is best to take this medicine ourselves. And when others see how well it makes us, then they will want to borrow some of it for themselves. So then let us look at these verses for ourselves and not for others.

If we master these things that Paul tells us in our own lives, then that will be the greatest success. So let us look at this marvelous passage.

- I. Rejoice in the Lord always. Again I will say, rejoice!
 - A. I know that we dealt with this last week but it is a part of the whole here.
 - B. The Christian is to rejoice in the Lord.
 - 1. That will affect everything else in their lives.
 - 2. All their relationships.
 - 3. How they deal with difficult people or circumstances.
 - 4. For the Christian, the Joy of the Lord is our strength.
- II. Let your gentleness be known to all men.
 - A. Gentleness
 - 1. The term (epieikes) means gentleness, reasonableness, magnanimity, forbearance, good will, and a friendly disposition. Gromacki Expository Series

2. Most of the time Christians are the gentlest, most fair minded people you will ever meet.
 3. The live out 1 Cor 13 each and every day.
 - a. 4 ¶ Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; 5 does not behave rudely, does not seek its own, is not provoked, thinks no evil; 6 does not rejoice in iniquity, but rejoices in the truth; 7 bears all things, believes all things, hopes all things, endures all things.
 4. They display the fruit of the Spirit.
 - a. Galatians 5:22-23 (NKJV) 22 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, 23 gentleness, self-control. Against such there is no law.
- B. The Lord is at hand.
1. Just a word of warning to those who have a problem with this one.
 2. The Lord is to return, and we would not want what Jesus said to be true of us.
 - a. Luke 12: 45 "But if that servant says in his heart, 'My master is delaying his coming,' and begins to beat the male and female servants, and to eat and drink and be drunk, 46 "the master of that servant will come on a day when he is not looking for him, and at an hour when he is not aware, and will cut him in two and appoint him his portion with the unbelievers. 47 "And that servant who knew his master's will, and did not prepare himself or do according to his will, shall be beaten with many stripes.

III. Be anxious for nothing,

A. Anxious:

1. As Jesus use it.
 - a. Mt 6:25 "Therefore I say to you, do not worry <3309> about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?
 - b. Mt 6:27 "Which of you by worrying <3309> can add one cubit to his stature?
 - c. Mt 6:28 "So why do you worry <3309> about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin;
 - d. Mt 6:31 "Therefore do not worry <3309>, saying, 'What shall we

eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

- e. Mt 6:34 "Therefore do not worry <3309> about tomorrow, for tomorrow will worry <3309> about its own things. Sufficient for the day is its own trouble.

B. For NOTHING

1. We worry about many things even though Jesus told us not too.
2. I have become somewhat apprehensive about thunderstorms since this spring when my back yard was flooded three times. I am sure that you know the feeling.
3. Each time that happened, I felt helpless and I was. And I prayed, oh how I prayed.

C. But in EVERYTHING

1. Big or small. Serious or not.
2. It displays our reliance upon Him.
3. But what you are not thankful for today you will take for granted and complain about tomorrow.
4. I wish I could say I was always this way, but I was not.
 - a. There have been times in past years that I would not first take it to God in prayer, partially because my confidence was in my self.
 - b. But now I pray because God oversees everything in our lives and will press us until we come to Him.

D. Let your requests be made known to God

1. He know what we have need of before we ask.
2. But He is waiting for us to acknowledge our dependence on Him.
3. He desires to meet our needs just as a loving heavenly father meets the needs of his children.
 - a. Mt 7:11 "If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!

E. By prayer and supplication,

1. Conversations with God should be continual and common.
 - a. 1Th 5:17 pray without ceasing,
2. Formal times of prayer are OK but that is like not talking to your wife all

day and then setting down before bed and rushing through a conversation.

3. I mean as your going to lunch you say to her, I will talk to you tonight.
4. Or as you go shopping, you think I have some questions for you but they can wait until tonight.

F. With thanksgiving,

1. Jesus always gave thanks for the food He was about to eat.
2. For just bread, but still He gave thanks.
3. We have so much to be thankful for that it would take us all day to list everything you are thankful for.
- 4.

IV. And the peace of God,

- A. The peace of God comes from only God.
- B. Which surpasses all understanding,
- C. Will guard your hearts and minds through Christ Jesus.
 1. Oh how we need to guard our hearts today.