

# RESILIENT

## RX FOR THE REST OF YOUR LIFE

September 5/6, 2020

Philippians 4:4 – 7

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### **MESSAGE NOTES**

*Rejoice in the Lord always. I will say it again: Rejoice!* — Philippians 4:4

*Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God.* — Colossians 3:1

#### **Real joy can be sabotaged by:**

- Unrealistic expectations
- Unconfessed sin

*Blessed is the one who always trembles before God, but whoever hardens their heart falls into trouble.*  
— Proverbs 28:14

- Unforgiving spirit

*... Forgive as the Lord forgave you. ... Let the peace of Christ rule in your hearts.* — Colossians 3:13 & 15

#### **So what is God's prescription for learning rest and contentment?**

Verse 4 — Rejoice in the Lord always. I will say it again: Rejoice!

1. Learn to interrogate where your thoughts are landing.

*... to rejoice is to treasure a thing, to assess its value to you, to reflect on its beauty and importance until your heart rests in it and tastes the sweetness of it. "Rejoicing" is a way of praising God until the heart is sweetened and rested, and until it relaxes its grip on anything else it thinks that it needs.* — Timothy Keller, *Counterfeit Gods*

Verse 5 — Let your gentleness be evident to all.

2. Turn a good amount of your attention toward encouraging others.

Verse 5 — Let your gentleness be evident to all. The Lord is near.

3. Practice the conscious awareness of God's presence before you hit whitewater.

*Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; He will never leave you nor forsake you.* — Deuteronomy 31:6

*Even though I walk through the darkest valley, I will fear no evil, for You are with me;* — Psalm 23:4

*You make known to me the path of life; You will fill me with joy in Your presence, with eternal pleasures at Your right hand.* — Psalm 16:11



*Everywhere and always God is with us, near to us and in us. But we are not always with Him, since we do not remember Him; so ... Take upon yourself this task to make a habit of such recollection. Make yourself a rule always to be with the Lord, and do not let your thoughts wander; as often as they stray, turn them back again and keep them at home in the closet of your heart, and delight in conversation with the Lord! — St. Theophan*

*The LORD is near to all who call on Him, to all who call on Him in truth. ... The LORD watches over all who love Him. — Psalm 145:18 & 20*

**Verse 6 — Do not be anxious about anything.**

*Anxiety and fear are cousins but not twins. Fear sees a threat. Anxiety imagines one. Fear screams, Get out! Anxiety ponders, What if? Fear results in fight or flight. Anxiety creates doom and gloom. Fear is the pulse that pounds when you see a coiled rattlesnake in your front yard. Anxiety is the voice that tells you, never, ever, for the rest of your life, walk barefooted through the grass. There might be a snake . . . somewhere.*

— Max Lucado, *Less Fret, More Faith*

*Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you. — 1 Peter 5:6 – 7*

**Verse 6 — ... but in every situation, by prayer and petition, with thanksgiving, present your requests to God.**

**4. Take anything that's bothering you immediately to prayer.**

*Cast all your anxiety on Him because He cares for you. — 1 Peter 5:7*

*Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. — 1 Thessalonians 5:16 – 18*

**Verse 7 — And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.**

**5. Focus on relaxing your initial anxiety response.**

*Several times during the day ... ask yourself for a moment if you have your soul in your hands or if some passion or fit of anxiety has robbed you of it ... Quietly bring your soul back to the presence of God, subjecting all your affections and desires to the obedience and direction of His divine will. — St. Francis of Assisi*

*You will keep in perfect peace those whose minds are steadfast, because they trust in You. Trust in the LORD forever, for the LORD, the LORD Himself, is the Rock eternal. — Isaiah 26:3 – 4*



## DISCUSSION QUESTIONS

- What's one thing that impacted you from the weekend's message?
- Do you feel like people in our culture are becoming more stressed and anxious or less?
- How has COVID-19 fueled stress and anxiety for people?
- What would you say are the main stressors in your own life right now?
- Do you have any exaggerated fears, like fear of flying or of heights or public speaking?
- Can you recall some of the things Paul has endured since becoming a follower of Jesus?
- What were Paul's circumstances at the time he wrote the letter to the Philippians?
- How would you define the word "rejoice" as Paul uses it in this context?
- Why do you think he intentionally repeated the command to be joyful?
- What connection is there between our ability to be gentle (restrained) and our awareness of the presence of Christ with us?
- What does v. 6 tell us to do with our stresses?
- How does v. 7 describe the result of genuinely trusting God with our problems?
- What is one thing you could do this week to put all this into practice?