

RESILIENT

SEPTEMBER 5/6, 2020



SONG LYRICS (1st set)

Yes I Will

I count on one thing
The same God that never fails
Will not fail me now
You won't fail me now
In the waiting
The same God who's never late
Is working all things out
You're working all things out

Yes I will lift You high in the lowest valley
Yes I will bless Your name
Yes I will, sing for joy when my heart is heavy
All my days, yes I will

I count on one thing
The same God that never fails
Will not fail me now
You won't fail me now
In the waiting
The same God who's never late
Is working all things out
You're working all things out

Yes I will lift You high in the lowest valley
Yes I will bless Your name
Yes I will, sing for joy when my heart is heavy
All my days, yes I will

For all my days, Yes I will

I choose to praise
To glorify glorify
The name of all names
That nothing can stand against

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Yes I will lift You high in the lowest valley
Yes I will bless Your name
Yes I will, sing for joy when my heart is heavy
All my days, yes I will

For all my days, Yes I will
For all my days, Yes I will



Your Love Never Fails

Nothing can separate
Even if I ran away
Your love never fails
I know I still make mistakes but
You have new mercies for me ev'ryday
Your love never fails

(And) You stay the same through the ages
Your love never changes
There may be pain in the night
But joy comes in the morning
And when the oceans rage
I don't have to be afraid
Because I know that You love me
(Your love never fails)

The wind is strong and the water's deep
But I'm not alone here in these open seas
Your love never fails
The chasm is far too wide
I never thought I'd reach the other side
Your love never fails

(And) You stay the same through the ages
Your love never changes
There may be pain in the night
But joy comes in the morning
And when the oceans rage
I don't have to be afraid
Because I know that You love me
(Your love never fails)

You make all things
Work together for my good
You make all things
Work together for my good

You make all things
Work together for my good
You make all things
Work together for my good

RX FOR THE REST OF YOUR LIFE

Philippians 4:4 – 7
Pastor Daniel Hahn



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

SONG LYRICS (2nd set)



Come Thou Fount

Come Thou Fount of ev'ry blessing
Tune my heart to sing Thy grace
Streams of mercy never ceasing
Call for songs of loudest praise
Teach me some melodious sonnet
Sung by flaming tongues above
Praise the mount I'm fixed upon it
Mount of Thy redeeming love

Here I raise my Ebenezer
Hither by Thy help I come
And I hope by Thy good pleasure
Safely to arrive at home
Jesus sought me when a stranger
Wand'ring from the fold of God
He to rescue me from danger
Interposed His precious blood

How Your kindness yet pursues me
How Your mercy never fails me
'Til the day that death shall loose me
I will sing oh I will sing

Oh to grace how great a debtor
Daily I'm constrained to be
Let Thy goodness like a fetter
Bind my wand'ring heart to Thee
Prone to wander Lord I feel it
Prone to leave the God I love
Here's my heart Lord take and seal it
Seal it for Thy courts above

How Your kindness yet pursues me
How Your mercy never fails me
'Til the day that death shall loose me
I will sing oh I will sing

Prone to wander Lord I feel it
Prone to leave the God I love
Here's my heart Lord take and seal it
Seal it for Thy courts above

Here's my heart Lord take and seal it
Seal it for Thy courts above



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?