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TRAVELING LIGHT

Philippians 4:4-13

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MESSAGE NOTES

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. — Galatians 5:22 – 23 (ESV)

... do not be anxious about anything, ... — Philippians 4:6 (ESV)

- **Peace begins when we release what we were never meant to carry**

Rejoice in the Lord always; again I will say, rejoice. — Philippians 4:4 (ESV)

- Our hearts will never find peace until we first relocate our greatest joy

Let your reasonableness be known to everyone. The Lord is at hand; ... — Philippians 4:5 (ESV)

- The answer to worry isn't confidence about tomorrow. It's confidence about who is with us today

... do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. — Philippians 4:6 (ESV)

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. — Philippians 4:7 (ESV)

- **Peace grows when we fill our minds with a bigger view of God**

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in Me—practice these things, and the God of peace will be with you. — Philippians 4:8 – 9 (ESV)

- Change the playlist

- **Peace is found when Christ is enough**

Not that I am speaking of being in need, for I have learned, in whatever situation I am, to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through Him who strengthens me. — Philippians 4:11-13 (ESV)

- The secret of peace isn't that our burdens become smaller. It's that Christ becomes greater

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MESSAGE SUMMARY

We all carry burdens. Some visible, many hidden. In this week's message, *Traveling Light*, we discovered that biblical peace isn't pretending life is easy; it's learning to trust Jesus with what we were never meant to carry. Through Philippians 4, Paul reminds us that peace begins as we release our burdens to God, grows as we renew our minds with His truth, and is ultimately found when Christ becomes enough. As you discuss today's message together, encourage one another to honestly identify what you're carrying and consider what it looks like to trust the Lord with it, remembering this beautiful promise: "*The Lord is near.*"

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DISCUSSION QUESTIONS

- Discussion Starter: If you were leaving tomorrow for a 7-day vacation and could only take a carry-on backpack, what is one completely unnecessary item you would probably still try to pack just in case?
- Read Philippians 4:4–7. Paul begins with Rejoice in the Lord before he says, Do not be anxious. Why do you think Paul starts with worship instead of worry? What does that teach us about where peace begins?
- Read Philippians 4:8–9. What is one habit or influence in your life that regularly fills your mind with fear or anxiety? What is one practical way you could replace that with God's truth this week?
- Read Philippians 4:11–13. Where do you think God may be trying to teach you contentment right now? What makes that lesson difficult? Which is harder for you: trusting God in times of plenty or in times of difficulty?
- Which "*brick*" are you carrying right now (health, finances, relationships, fear, regret, uncertainty, etc.)? How can this group pray for you this week as you seek to release that burden to Christ?