

Everything's Amazing and Nobody's Happy
5 Simple Statements that Lead to Profound Peace (Philippians 4)

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

Philippians 4:4-13 NIV

1. Rejoice always (Develop a heart of gratitude)

Rejoice in the Lord always, again I say rejoice. Philippians 4:4

Negativity bias: This bias toward the negative leads you to pay much more attention to the bad things that happen, making them seem much more important than they really are.

Truly grateful people have a low threshold of gratitude. They can find something to be thankful for in the smallest, simplest thing. On the other hand, just like some people are hard of hearing, some people are hard of thanking. It takes something

huge like a new car or a winning lottery ticket to make them thankful. People with a high capacity for thanksgiving have a low threshold for gratitude.
-John Ortberg

2) Do not be anxious about anything, but in everything pray
(Become a first responder)

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:4-7

3) Whatever is true...think about such things (Stop allowing ugly thoughts to be your companion)

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. Philippians 4:8,9

Finally, brothers, whatever is scandalous, whatever produces fear, whatever is controversial, whatever is horrific, whatever is immoral, whatever is threatening, if there is any new dirt unearthed about Brittany or Bieber, or Oprah or Obama or if you hear any new controversies on the View, think on these things.



If I had life to live over again, I'd try to make more mistakes next time I would relax, I would limber up. I would be sillier than I have been this trip. I know of very few things I would take seriously. I would eat more ice cream and less beans. I would have more actual troubles and fewer imaginary ones.

4) I can do all things through him who gives me strength (Learn the secret of being content)



I rejoice greatly in the Lord that at last you have renewed your concern for me. Indeed, you have been concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be

content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength. Philippians 4:10-13

I have learned the secret of being content.

To get joy that goes beyond circumstances you need to go through difficult circumstances.

5) My God will meet all your needs according to his glorious riches in Christ Jesus (Learn the secret of being content)

Yet it was good of you to share in my troubles. Moreover, as you Philippians know, in the early days of your acquaintance with the gospel, when I set out from Macedonia, not one church shared with me in the matter of giving and receiving, except you only; for even when I was in Thessalonica, you sent me aid again and again when I was in need. Not that I am looking for a gift, but I am looking for what may be credited to your account. I have received full payment and even more; I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God. And my God will meet all your needs according to his glorious riches in Christ Jesus. Philippians 4:14-19

- 1) Rejoice always (Develop a heart of gratitude)
- 2) Do not be anxious about anything, but in everything pray (Become a first responder)
- 3) Whatever is true...think about such things (Stop allowing ugly thoughts to be your companion)

- 4) I can do all things through him who gives me strength (Learn the secret of being content)
- 5) My God will meet all your needs according to his glorious riches in Christ Jesus (Develop a generous heart)

When you face a difficult situation, is your first response prayer?