

6.28.26

Choosing to Rejoice

Philippians 4:4-8

Artisan Church Pacifica

Unshakeable Joy



Philippians 4:4

Rejoice in the Lord always, I will say it
again; rejoice.

Hebrews 13:15

Let us always offer to God a sacrifice of praise– the fruit of lips that openly profess His name.



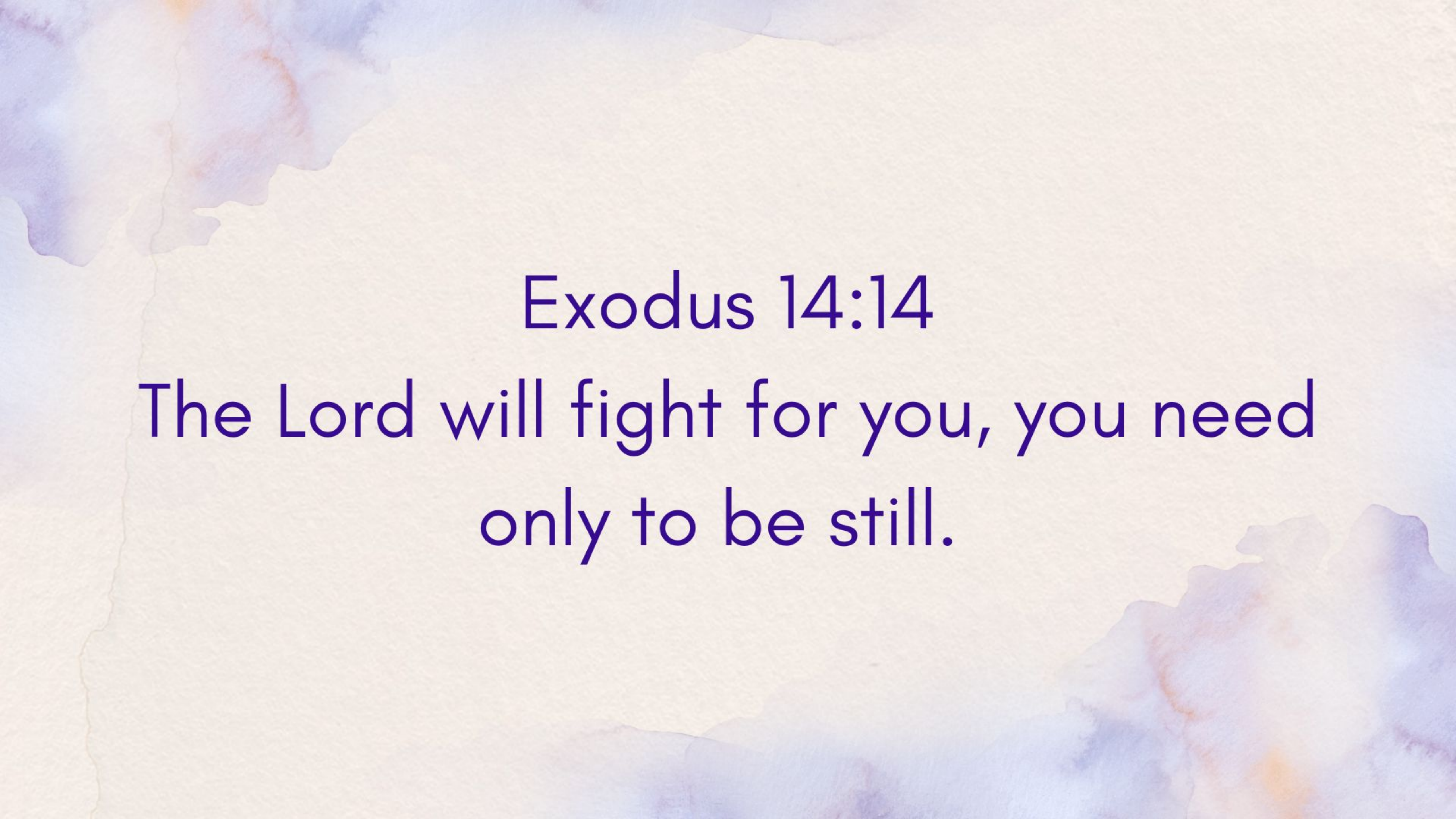
Philippians 4:5

Let your gentleness be evident to all.

The Lord is near.

1. Many times we get upset about things that are not worth getting upset about.

2. We aren't necessarily the ones who are meant to dole out punishment for wrongs committed against us.



Exodus 14:14

The Lord will fight for you, you need
only to be still.

Philippians 4:6-7

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.

21 % of American adults have been diagnosed with
an anxiety disorder.
(42.5 million)

31.9% of American Teens (13–18 yrs old) have been
diagnosed with an anxiety disorder.

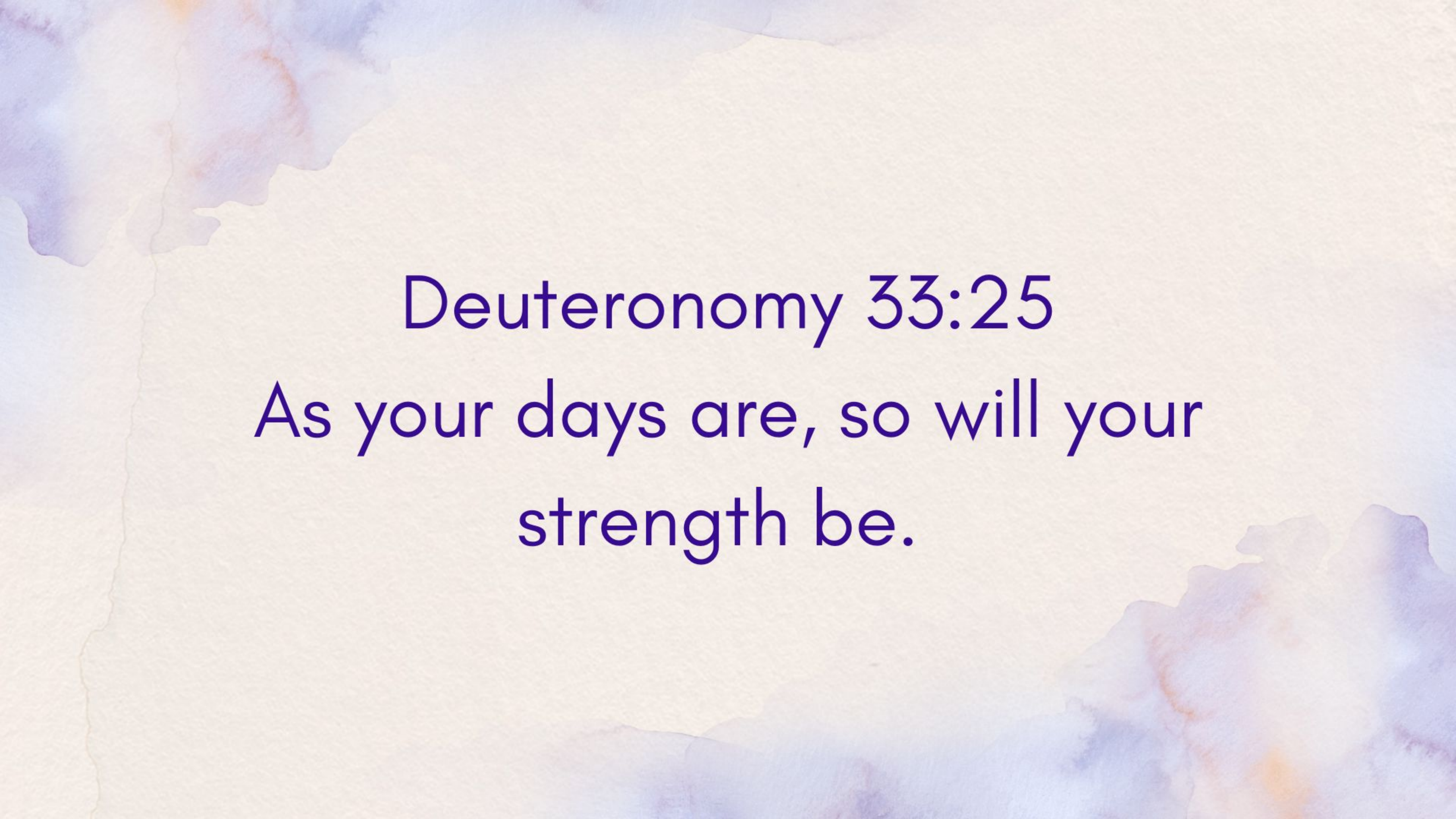
43% of American adults that do not have an anxiety
disorder report feeling high levels of anxiety.

91% of what we get anxious about and
worry over never happens.

Out of the 9% that does happen,
 $\frac{1}{3}$ Report that it wasn't as bad as they had
worried about.

Matthew 6:34

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.



Deuteronomy 33:25

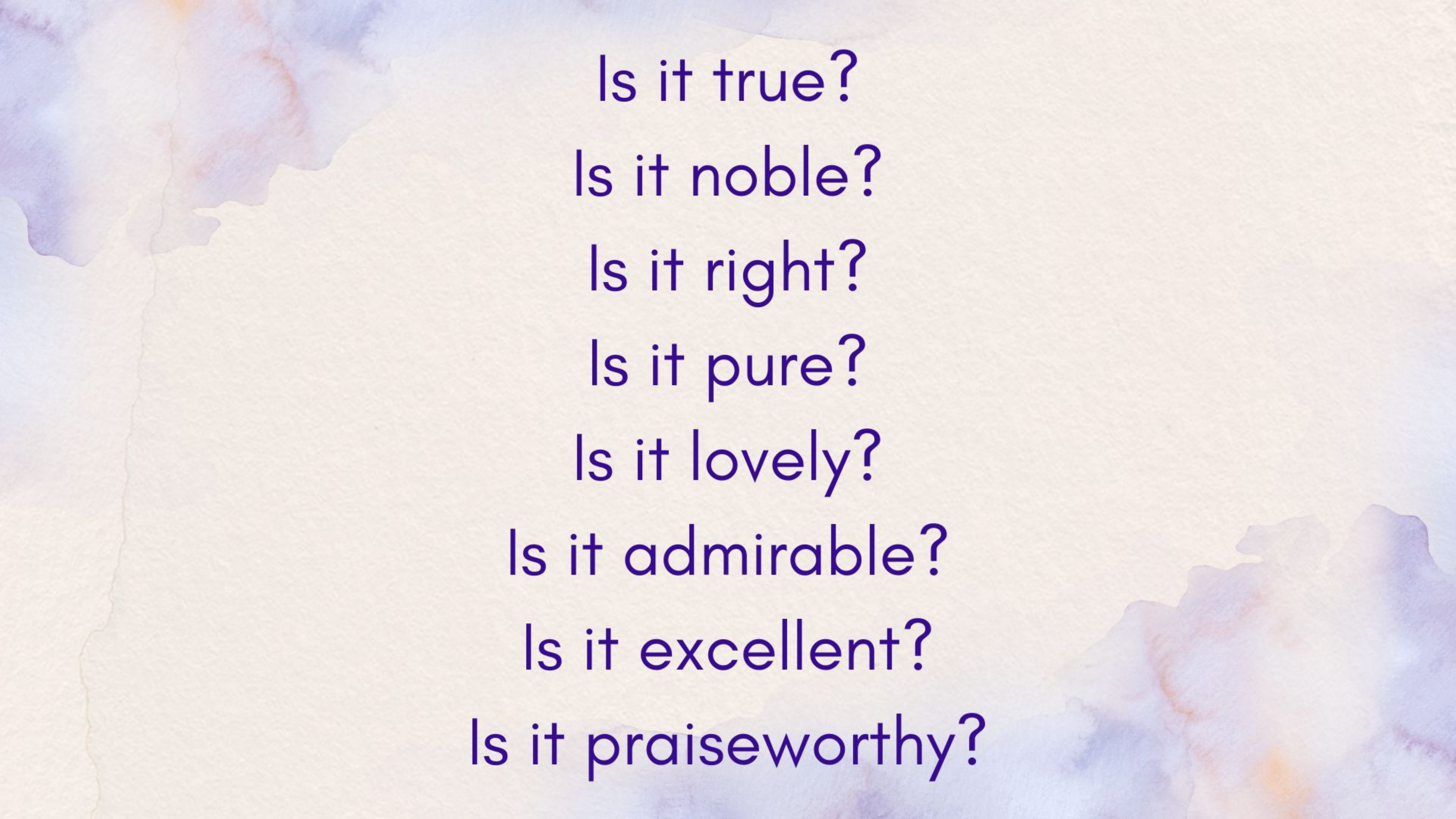
As your days are, so will your
strength be.

Philippians 4:8

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.

Romans 12:2

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.



Is it true?
Is it noble?
Is it right?
Is it pure?
Is it lovely?
Is it admirable?
Is it excellent?
Is it praiseworthy?

Psalm 19:14

May the words of my mouth and the
meditation of my heart be pleasing in
your sight, Lord, my Rock and my
Redeemer.

- Purposely choose to rejoice
- Respond to people and conflict with gentleness
- Give your anxiety and worry to God and he will give you peace.
- Renew Your mind/ Rewire Your brain