

Abundant Series – Week 2: Reason to Rejoice – Nov. 7, 2021

Today our series' focus is JOY. What comes to mind when you think about joy? Joy, joy, joy, joy down in my heart? How is joy different from happiness?

Read these encouraging words from Philippians 4:4-9 – the New Living Translation.

⁴ Always be full of joy in the Lord. I say it again—rejoice! ⁵ Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ⁹ Keep putting into practice all you learned and received from me— everything you heard from me and saw me doing. Then the God of peace will be with you.

The apostle Paul writes this letter to the Philippians while he is in jail in Rome – imprisoned for a capital offense – that means he is facing death. How is he able to talk about joy? And we need to remember that the people who will be reading his letter are leading hard lives. How will they react to his call to “rejoice!”

What kind of things do you worry about? Does worrying about them help? How will praying, instead, help?

Pastor Cindy talks about a Gratitude Journal during her sermon as a way to keep our focus on giving thanks rather than worrying about what isn't going right. Would you be willing to start keeping a Gratitude Journal? Maybe start right here on this piece of paper!

Don't postpone your joy!