



Proclaiming Christ with Joy &  
Peace in all Circumstances

# **PHILIPPIANS**

By the Power of the Resurrection

**Joy, Peace, and  
Contentment  
Through Christ who  
Strengthens Us**

# A Culture of Worry and Anxiety

*Pew Research (2024) & American Psychiatric Association (2023)*

In 2024, 48% of teens say social media is harmful or creates anxiety

86% of teens feel social media is ok for them, but bad for their peers

## **But... what about the adults?**

In 2023, 70% were anxious about safety for their families

68% were anxious about keeping their identities safe

66% were anxious about their health

65% were anxious about paying bills or expenses

50% were anxious about the opioid epidemic

45% were anxious about the impact of emerging technology

**Philippians 4:1-3 (CSB)** <sup>1</sup> So then, my dearly loved and longed for brothers and sisters, my joy and crown, in this manner stand firm in the Lord, dear friends. <sup>2</sup> I urge Euodia and I urge Syntyche to agree in the Lord. <sup>3</sup> Yes, I also ask you, true partner, to help these women who have contended for the gospel at my side, along with Clement and the rest of my coworkers whose names are in the book of life.

*Because we have the promise of the resurrection and we grow in knowing our Lord, we can stand firm in the power of the Holy Spirit*

*Instead of dividing, Paul calls for the unity in purpose of sharing the gospel and noting that as we serve, our names are written in the book of life*

*The enemy is always looking to divide us, and these two ladies who served together in ministry disagreed about something.*

Are you prone toward division or toward living in the unifying light of the gospel and sharing the good news?

**Philippians 4:4-7 (LSB)** <sup>4</sup> Rejoice in the Lord always; again I will say, rejoice! <sup>5</sup> Let your considerate *spirit* be known to all men. The Lord is near. <sup>6</sup> Be anxious for nothing, but in everything by prayer and petition with thanksgiving let your requests be made known to God. <sup>7</sup> And the **peace of God**, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

*The Spirit helps us to maintain an attitude of joy and consideration for all people, especially God's family. The Lord is always near and looking on.*

*When we really trust God with the problems and concerns that we have, we receive His supernatural peace. When we have His peace, it will guard our hearts and minds from the enemy and anxiety.*

*We are prone to worry about many things, but when we pray and give it to the Lord, we are called to cast those worries on Him.*

**Are there worries that you refuse to trust the Lord with?**

**Philippians 4:8-9 (NIV)** <sup>8</sup> 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.

<sup>9</sup> 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.

*Don't skip over this. This is a HUGE part of what drives us away from worry, anxiety, and depression. When we are led by the Spirit and focus on God's blessings and what He continues to accomplish, even amid trials, this guards our hearts and minds.*

*As Paul relates and puts God's word into practice, it reminds us that scripture is not something to be merely read. We must be doers, not just hearers or readers of His word. The God of peace will comfort us when we put His word into action.*

**James 1:22 (ESV)** But be doers of the word, and not hearers only, deceiving yourselves.

**Philippians 4:10-13 (NKJV)** <sup>10</sup> But I rejoiced in the Lord greatly that now at last your care for me has flourished again; though you surely did care, but you lacked opportunity. <sup>11</sup> Not that I speak in regard to need, for I have learned in whatever state I am, to be content: <sup>12</sup> I

know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. <sup>13</sup> I can do all things through Christ who strengthens me.

*Whether near or far, we need to be reminded that the Body of Christ is a global community, and we can show our love and care to the severely persecuted and oppressed believers.*

*This isn't a 'blank check' from Christ.*

*The context is Jesus bringing joy and peace in all circumstances when we are abiding in Him through the power of the Holy Spirit.*

*Remember... Paul is in chains.*

**Where do you run for contentment? Is it to Jesus?**