

Ingredients of Joy in the Christian Life

Philippians 4:1-9

Book Theme – Joyful Christian Living

Book Key Verse – Philippians 4:4 - Rejoice in the Lord always; again I will say, rejoice!

Lesson Key Verse – Philippians 4:9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

Lesson Theme – In order to be able to demonstrate joy in the Christian life, each believer must actively pursue the four ingredients of joy that Paul explains here: fellowship, unity, prayer, and renewed thinking.

Ingredient 1: Fellowship (verse 1)

1 Therefore, my beloved brethren whom I long to see, my joy and crown, in this way ***stand firm in the Lord***, my beloved.

Ingredient 2: Unity (verses 2-5)

2 I urge Euodia and I urge Syntyche to live in harmony ***in the Lord***.

3 Indeed, true companion, I ask you also to help these women who have shared my struggle in ***the cause of the gospel***, together with Clement also and the rest of my fellow workers, ***whose names are in the book of life***.

4 Rejoice in the Lord always; again I will say, rejoice!

5 Let your gentle spirit be known to all men. The Lord is near.

Ingredient 3: Prayer (verses 6-7)

6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

Ingredient 4: Renewed Thinking (verses 8-9)

8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

Application