

CROSSWORDS SUNDAY SCHOOL · JUNE 14, 2026

Ingredients of Joy

in the Christian Life

Philippians 4:1-9

Lesson Overview

BOOK THEME

Joyful Christian Living

Lesson Overview

BOOK KEY VERSE

Philippians 4:4

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

Lesson Overview

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 Overview

LESSON THEME

In order to demonstrate joy in the Christian life, each believer must actively pursue the four ingredients of joy: fellowship, unity, prayer, and renewed thinking.

1 Ingredient 1: Biblical 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.

"Stand firm in the Lord"



This is the essential point. It is a very good thing for Christians to be in the church; but if you are in the church before you are in the Lord you are out of place. It is a good thing to be engaged in holy work; but if you are in holy work before you are in the Lord you will have no heart for it, neither will the Lord accept it. It is not essential that you should be in this church or in that church; but it is essential that you should be “in the Lord.”

C.H. SPURGEON

2

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.

"Rejoice in the Lord always"



This is no “soft” virtue, but rather a bent of character that controls our capacity for rage and activates our capacity to love. The gentle are courteous and kind; exercise restraint; practice reticence in speech, knowing that words can wound and silence may be more affirming than chatter; do not intrude into another’s life but are available to and responsive to others’ needs.

MAXIE DUNNAM

3

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.

"Be anxious for nothing"

“

*“The way to be anxious about nothing
is to be prayerful about everything.”*

MAXIE DUNNAM

4

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.

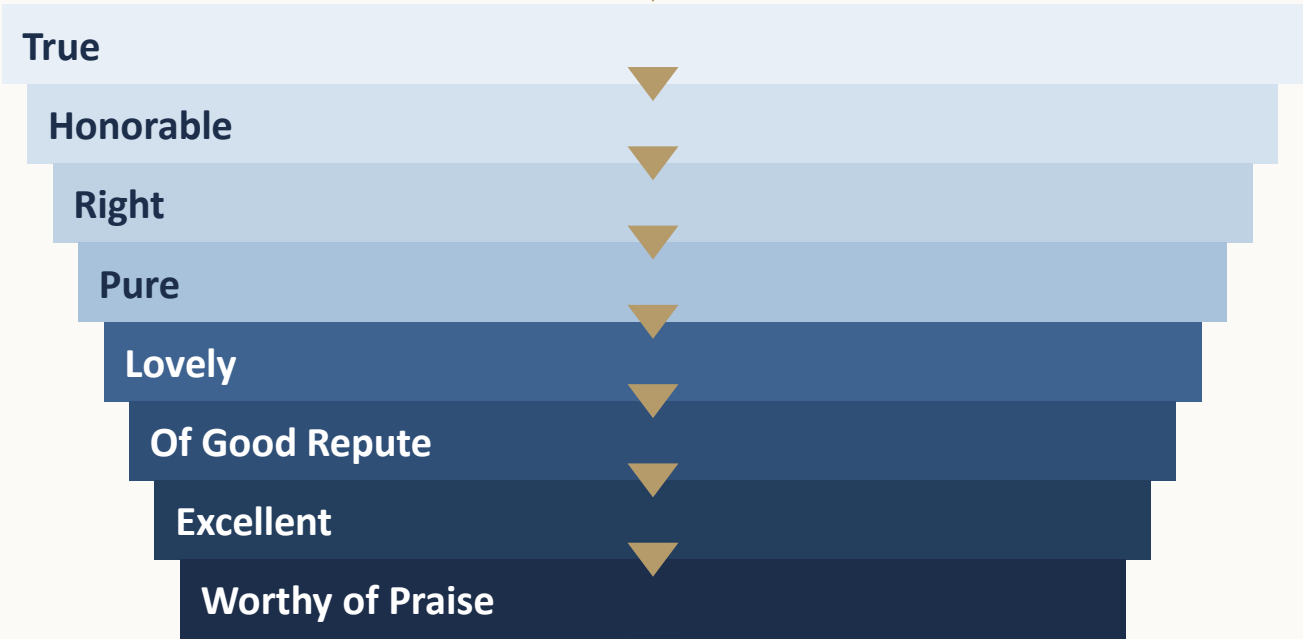
9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

"Dwell on these things"

Filter Your Thinking

PHILIPPIANS 4:8

WHATEVER ENTERS YOUR MIND



DWELL ON THESE THINGS

“

“Sow a thought and you reap an action; sow an act and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny.”

RALPH WALDO EMERSON

Application

- **Fellowship** — Seek out other believers to serve along side, to share your life with, to rejoice to God with. Stand firm in the Lord beside friends such as this.
- **Unity** — Pursue unity with believers in the body. If there a relationship where you need to reconcile with another believer, pursue that this week. Reach out to them and admit the fault on your part and take steps toward reconciliation.
- **Prayer** — Pray to our gracious listening God! Cast your cares on Him because He cares for you. Be thankful that God hears your prayers and answers them!
- **Renewed Thinking** — Consider the things you allow into your mind – do they pass the scriptural test? Prayerfully commit to make one change in your thinking this week. Ask God to help you think on things that bring Him glory.