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MINISTRIES

**DGM Message Title: The Peace Joy Brings**

**Theme: Don't Worry, Be Happy**

**Message Summary:** It is important to rejoice in the Lord when turmoil is happening in your life. Rejoicing in the Lord will bring peace to your life. We must remember that trouble doesn't last always, and joy comes. Having peace in your life doesn't mean there is no troubles, it just means that God is present. Don't let small situations make you anxious and turn your worry into prayers and you will have peace.

**Scripture References (NKIV):**

- Philippians 3:1
- Nehemiah 8:10
- Philippians 4:1-7
- Romans 15:13

**Key Points:**

- Philippians 3:1
  - Paul is moving by the Holy Spirit and was writing three people and told others to rejoice in the Lord
    - Paul was in prison talking to others who are living in the free world
    - Even though he was in prison he had a good attitude
      - Our inner attitudes do not have to reflect our outward circumstances
    - Paul said rejoice in the Lord because He is always faithful
  - Paul talked about the dangers of the devil stealing your joy, but he then puts it in writing
    - Just because it was said once, doesn't mean that others received it. Some things have to be repeated.
      - I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times. –Bruce Lee
      - Being a continuous learner is the key to becoming successful
- Nehemiah 8:10
  - The prophet said the same thing but in an Old Testament context

- Do not sorrow
      - Don't let a few sad moments turn into a sad life.
      - Don't memorialize situations that are insignificant
      - There are going to be ups and downs, but don't build a house where God says pitch a tent.
    - The passage continues to say the joy of the Lord is your strength
    - When we let people, the devil, and circumstances steal our joy, we are forfeiting the spiritual armor and strength that God has given us
      - Is your frown worth all that?
      - It's important to get over things and move on
- Philippians 4:1
  - Paul smiled when he thought about the people he went to church with
- Philippians 4:2
  - Paul implored two people to be in the same mind of the Lord
    - These two women had some conflict even though they were in the same church
      - If anything can steal your joy it's bickering
  - Paul didn't take sides. He just told them to stop bickering
  - We can learn to say what we mean without saying it mean.
- Philippians 4:3
  - The Apostle Paul worked with a lot of people
  - Wherever there are people, there is going to be conflict
  - The key to longevity in life is having a sense of humor
    - Being able to laugh at yourself and situations is important
- Philippians 4:4
  - Rejoice in the Lord always
    - We only need three things to truly be happy in this world: Someone to love, something to do, and something to hope for. –Immanuel Kant
  - The passage says again I will say rejoice
    - God has to tell his people multiple times throughout the Bible to rejoice
      - Don't let negative people turn you into them
      - Every Minute we choose to hold bitterness, we lose sixty seconds of joy. (1:01:50)
- Philippians 4:5
  - Let your gentleness be known to all man
    - A lot of the modern versions say reasonableness
  - Reasonableness and levelheadedness are vital for a community
    - You can never come up with agreeable solutions for a person who enjoys being disagreeable
- Philippians 4:6
  - Be anxious for nothing
  - Stop being anxious about everything
  - The thing about worrying is it doesn't take away tomorrows troubles, it just empties today's peace (1:04:15)
    - It's difficult to stop worrying completely
    - Paul isn't saying to not be anxious about where you are. He's saying turn your worry into prayers
    - Everyone who runs to God makes it
    - No area in your life is too small for God

- We pray so much because we are contending with the real devil, our flesh and perspectives are living in a crazy world.
      - We tend to use prayer as a last resort, but God wants it to be our first line of defense. –Oswald Chambers
        - Prayer has to be step #1 in life
    - Saying don't worry doesn't work.
    - We tend to go to God to complain but never really thank Him for what He has done.
      - If you want to worry less, praise more
- Philippians 4:7
  - The peace of God will guide your hearts and minds through Jesus Christ
    - Peace doesn't mean trouble is absent, it just means God is present
  - The peace will guard your heart
  - Joy happens when we stop sweating the small stuff
  - Peace happens when we begin to pray
- Romans 15:13
  - Humans try to keep hope alive, God is hope.
  - God's peace says that He will work it out.
  - Hope is how God lives
  - God has never broken into a sweat and never gets anxious
  - Hope is being able to see light despite darkness
  - Everything in our lives, God looks at until the end of time
  - Now may the God of hope fill you
    - God wants to fill us with all joy and peace
    - We need to seek first, and other things will follow
    - People need to appreciate the joy and the peace they have rather than magnify the bad things in life
    - Joy and peace are tied to what happened but what you believe when stuff does happen
    - The peace and joy God provide will be ours