

Message Notes on Philippians 4

PRESCRIPTIONS for a Happy Life. There are prescriptions for feeling happy for a while. Almost everyone has something they do to make themselves feel happier for a while (an addiction). TV, perhaps more than anything else, helps people feel happier. God is the Christian's source of happiness. Some of the Lord's prescriptions for happiness in this scripture are: Practicing joy--- Praying instead of worrying – Perspective that leads to being content with what we have – Trusting God to take care of our needs. The ultimate value of these prescriptions is that they draw us into the presence of the Lord who always has a merry heart.

- **JOY** • 4:4 "Always be full of joy in the Lord. I say it again—rejoice!" • The Lord has placed a merry heart in those who come to Him. Joy is like Old Faithful in Yellowstone Park. Every time we decide to put on a smile and act cheerful it opens the floodgates to the joy within. Joy comes up like a fountain.

- **WORRY** • 4:6 "Don't worry about anything, instead pray about everything. Tell God what you need, and thank him for all he has done."

- Worry is erased by prayer and connection with Christ. When we pray we are bringing the Lord into our world. He is greater than everything. Focusing on the world that presses in on us causes us to be afraid. When we focus on Christ Jesus we have peace of mind and heart and another thing He has placed in our heart is released. It is a peace in the midst of negative circumstances—a divine gift.

- **CONTENTMENT** is something we learn to have. It has a lot to do with perspective. Considering that our names are written in the book of life and Jesus is coming soon, other things don't matter so much.

4:11-13 "Not that I was ever in need, for I have learned how to get along happily whether I have much or little..... For I can do everything with the help of Christ who gives me the strength I need."

- **Positive Thinking is a key to happiness.** It creates positive feelings which result in positive speaking and doing.

- 4:8,9 "Fix your thoughts on what is true and honorable. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise."