

A SERIES ON **PHILIPPIANS**

searching for



joy

fighting for
joy

Rejoice in the Lord always.
I'll say it again,
REJOICE!

Philippians 4:4

big hope

helping prepare emotionally and spiritually for the Thanksgiving-Christmas whirlwind

big idea

festive meals, family gatherings, giving and receiving—
all are dress rehearsal for eternity

big warning

anything spiritually significant will likely be spiritually opposed

holiday anxiety

stress, overwhelm, unease triggered by holiday expectations and memories

seasonal disorder

short days, gray skies,
biological low tide

social disorder

family tension,
grief anniversaries,
unspoken/unrealistic
expectations

spiritual disorder

the creeping sense that
joy is for other people

**resignation
of the heart**
"I give up"

don't settle for substitutes

imitation joy distraction

- order online: seasonal, performative, Instagram-filtered.
 - depends on what's happening around you, not what's alive within you.
 - It sparkles, then vanishes. It's the smile you wear to prove you're okay.
- “Happiness without roots.”**

fragile joy circumstantial

Real, but breakable. It rises when things go right, but collapses under pressure. Paul had every reason to lose this kind (chains, betrayal, uncertainty) yet his joy survived because it wasn't housed in outcomes.

“Joy that needs everything to go right isn't joy — it's relief.”

the real thing

formed joy resilient

- forged, not found. It's grace meets grit. It grows in the dark.
 - It's shaped by practice, gratitude, surrender, and perspective — all the things Paul talks about in Philippians.
- “Formed joy doesn't deny pain; it refuses to let pain have the last word.”**

forever joy eternal

- swallows up lesser joys.
- Wedding Feast Joy, New Creation Joy, “*God Himself will wipe away every tear*” Joy.

Every holiday meal, every laugh, every small act of love is rehearsal for this one.

“True joy isn't escaping the world, it's living now as if heaven were already breaking in.”

what **God** is
up to in **you**

being confident of
this, that He who
began a good work in
you will carry it on to
completion until the
day of Christ Jesus.

Philippians 1:3-6

AND THIS IS MY PRAYER:

that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

Philippians 1:9-11

how's it going

with your heart?

in your soul?

on the battlefield of your mind?

how's your strength holding up?

listening prayer

God, what do you want to say to me?

What do you want me to see?

What do you want me to know?

What do you want me to do?