

WHO IS JESUS?

A blue speech bubble containing the text "talk it over". "talk it" is in a white, bold, sans-serif font, and "over" is in a white, cursive script font.

Key Scripture-

Philippians 4.4-9

Takeaway -

Our fears, worries, and doubts decrease as our understanding of Jesus increases.

GROW-

Joshua 1.9 // Psalm 118.6

LIVE-

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Paul tells his audience to, "Rejoice in the Lord always." To rejoice is to express confidence in God. To carry a present assurance based on who He is, in the evidence of what He has already done, and in the hope He will accomplish all that He says He will. The word rejoice is the Greek word, *chairō*, and it means to be glad, or well, or overjoyed. It is the same word used in Matthew 2.10 to describe what the Magi's felt upon seeing the star of the Messiah; "When they saw the star, they *rejoiced* with exceeding great joy." This rejoicing is not a feeling relative to situational or current circumstances, but is a rejoicing that is capable of facing and surviving immense suffering, and uncertainty. And the reason Paul goes on to encourage the Philippian Church to "not be anxious..." Our anxiety can often be resolved to an uncertain goal. But what Paul is saying is don't let the things you don't know overshadow the joy in Who you do know. Paul was able to rejoice always, not because of what he knew about God, but because of Who he knew God to be.

LOOK-

Why are you anxious? What is causing you to lose sleep? What fills your head space? What worries are stealing your attention and your energy? Where do you need to rejoice?

LOVE-

Jesus is Immanuel. He is and His Name is, God with us. He came in the fulfillment of all we need, and when we find ourselves anxious we need to remind ourselves of His faithfulness. Turn your anxiety into activity and "rejoice in the Lord always."