

## Philippians Chapter 4 Devotion Follow Up

We all go through seasons of feeling overwhelmed with worry. I've come to realize that being a Christian doesn't make your life suddenly perfect. Life throws us curve balls that may make us want to worry and give up. This week we talked about how to find joy in any situation we may find ourselves.

In this final week of Phillipians we took a look at Philippians 4 to see how Paul, who was in prison and oftentimes found himself in physical, emotional, and spiritual need. Yet in verse 4 he says, "Rejoice in the Lord always, I will say it again: Rejoice!"

Paul gives us specific directions on how we can rejoice in all situations. First, in verses 5 through 7 he says, Hey, remember the Lord is near. Don't be anxious but be thankful and tell God all about it. Then, (v7) "The peace of God, which transcends all understanding will guard your hearts and your minds in Christ Jesus."

Secondly, he tells us to concentrate. Verses 8 tells us what to concentrate on, "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, Put it into practice. And the God of peace will be with you." So take every thought and every emotion and ask yourself, "If I hold this up to what the Bible says, what God says, is it true, noble right, pure, lovely, admirable, excellent, and worthy of praise? If not, I know from vs 5-7 to tell God about it.

This week take the time to check in on your relationship with God. Tell God if there is anything standing in the way of a close relationship between you and Him. Let him know what is causing you to be anxious and worry. Take every thought captive concentrating only on those things that we know from verses 8 and 9. Then may you find true joy and a peace that passes all understanding.