

**JOY IS SERIOUS BUSINESS**  
**Philippians 4:4-13**

**DO IT AGAIN!**

*Rejoice in the Lord always; again I will say, Rejoice” (Philippians 4:4).*

“It is possible that God says every morning, ‘Do it again’ to the sun; and every evening, ‘Do it again’ to the moon.” (G.K. Chesterton)

We will not understand God until we understand this about him: “God is the happiest being in the universe.” (John Ortberg)

The necessity of Joy.

*This day is holy to the Lord your God; do not mourn or weep ... for the joy of the Lord is your strength” (Nehemiah 8:9-10).*

“Normally, our success in overcoming temptation will be easier if we are basically happy in our lives.” (Dallas Willard)

Begin now and find a “joy mentor.”

**THE ART OF LETTING GO**

*Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God” (4:6).*

What keeps us from being in the presence of God?

What keeps us from experiencing the joy of the Master?

I get worried and upset ...

-- because I have a teenage daughter.

-- because I have a project at work and I don’t know how it will turn out.

-- because I need to confront someone and I don’t know how they will respond.

Commit everything to God: your children, your project, your relationships, the weather, and other people.

**THE ART OF SLOWING DOWN**

*And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus (Philippians 4:7).*

The Disease: Hurry Sickness.

“Hurry is not of the devil; hurry is the devil.” (Carl Jung)

“Now here, you see, it takes all the running you can do, to keep in the same place. If you want to get somewhere else, you must run at least twice as fast as that!” (Red Queen in *Alice in Wonderland*).

Here Are Some Symptoms:

Speeding up daily activities ... Multi-tasking ... An inability to love ...  
Sunset Fatigue ...

Here Are Some Suggestions:

Slow down. Eat your food slowly. Get in the longest check-out line.

Don’t wear a watch.

Practice solitude. Review the day with God.

**Prayer Concerns:** Burney Biesel, Mac Kerr, Anne Miller, Vicki Page, Mildred Sentell, Doris Swafford, Joe Tidwell, Jr., Carol Webb, Madelyn Beamon, Ray Billings, Dorothy Burns, Gene Burns, **Cledus Creel**, Betty Crenshaw, Rachel Cobb, Ed Gatlin, **Martha Gibbs**, **Nancy Godsey**, Charles Hamilton, Jean Hansford, Kristi Jackson, Jeff Joyner, Joyce Kuhl, Judy Malaquias, Margaret Moore, Macy Morgan, Taylor Murray, Florine Rickeman, Mary Elizabeth Roberts, Marian Wiehle ...

**Christian Sympathy** is extended to **James Lee and family** in the death of his father, **Boss Lee**, on Friday, February 10.

### PASTORAL PRAYER

God of glory, who put the stars in their courses, and created darkness in order that we might see them, we thank you for all the unexpected glories of life, the moments when we have been surprised by joy. We lean so heavily on our own schedules and schemes that we sometimes we miss experiences of rich meaning that come to us unexpectedly, because we were not looking for them or because we were expecting something quite different.

We pray for a flexibility in life which will allow us to welcome unexpected good. We pray for an alertness which will permit us to welcome your presence even when it comes through the back doors of our lives. We pray for patience when we do not find that for which we are seeking.

Especially do we pray now for those who are tested in life, for the bereaved, the anxious, the fearful, the hopeless. Grant them the gift of your presence, and the will to receive it. Now let some unsought message of your own touch us as we continue our worship, in the name of Jesus Christ, our Lord, who taught us to pray ...

**THE LORD'S PRAYER: Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our debts, as we forgive our debtors; and lead us not into temptation but deliver us from evil. For thine is the kingdom and the power and the glory, forever. Amen.**

### PHILIPPIANS 4:4-13

Rejoice in the Lord always; again I will say, Rejoice. Let all men know your forbearance. The Lord is at hand. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus.

Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me, do; and the God of peace will be with you.

I rejoice in the Lord greatly that now at length you have revived your concern for me; you were indeed concerned for me, but you had no opportunity. Not that I complain of want; for I have learned, in whatever state I am, to be content. I know how to be abased, and I know how to abound; in any and all circumstances I have learned the secret of facing plenty and hunger, abundance and want. I can do all things in him who strengthens me.

### WORSHIP SCHEDULE

#### In the Sanctuary:

Wed., February 22	<i>Renaissance</i>	<b>6:30 p.m.</b>
Sun., February 26	<i>It's Good to Be Here</i>	Mark 9:2-9
Wed., March 1	<i>Ash Wednesday Service</i>	<b>6:30 p.m.</b>
Sun., March 5	<i>The Promise of Hope</i>	Genesis 9:8-17
Sun., March 12	<i>You're Never Too Old</i>	Genesis 17:1-16
Sun., March 19	<i>Dr. J. Earheart-Brown</i>	<b>10:40 a.m. only</b>
	President of MTS	

#### On the Radio (1450 AM):

February 26	<i>The Lord's Prayer (Part 2)</i>	Matthew 6:10
March 5	<i>The Lord's Prayer (Part 3)</i>	Matthew 6:11-13