



There seems to be 2 types of people in the world—those who wake up well & those who struggle to wake themselves out of a slumber. We call the first group “morning people” and the second group “normal people”. Whether we wake slowly or quickly—we all awaken to the reality of the day...

The Apostle Paul, in some ways, is reminding, calling and nudging his hearers to awaken to a reality of the life we have in Christ. This passage is something we can read & get through very quickly, but does it truly ‘get through us’? In this passage today (*Philippians 4:1-9*) we’ll stir ourselves to wake up to the beauty and wonder of what is available to those who follow Christ.

A life of joy...
A life of peace...
A life of accessibility...

is it in you?

so may you be awakened & renewed...
-jack

*Rejoice in the Lord always. I will say it again: Rejoice!
Philippians 4:4*

Philippians 4:1-9

NOTES:



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NOTES:

...TO GO

If you want, seek out some time this week to engage with God in searching through these passages & reflecting over the message. Ask yourself, “What might God be showing me in these verses? How do I get a clearer picture of Him? What might He be wanting me to know, experience or adjust in my life –maybe in the way I relate to Him and/or others?”



The book of Philippians is written while Paul is imprisoned, under house arrest and awaiting potential death—yet the main theme is: Joy. How? Paul is constantly calling the Church to awaken to a different perspective and reality of what life is truly like, as our lives are built on Christ.

* Thanksgiving is a key—the Apostle Paul calls us to a life of joy grounded within remembering, reflecting & refocusing on an attitude of gratitude. So take a moment to practice what the Scriptures so often call us to: thankfulness. Jot down some things that you’re thankful for from God (specific and general) examples of how you’ve seen His handprint across the landscape of your life...

Scriptures to reflect on: (around: joy, escaping worry & prayer)

Joy:

Psalm 4:7; 5:11; 16:11; 19:8; 28:7; 71:23; 94:19; 145:7
Isaiah 55:11-13
John 15:10-12; 16:22
Romans 15:13
Colossians 1:10-12
1 Thessalonians 5:16
1 Peter 1:3-9

Worry:

Matthew 6:25-34
Luke 12:22-31

Prayer:

Psalm 17:6; 69:12-14; 143:1
Proverbs 15:29
Matthew 6:5-15
Mark 1:35
John 17
Acts 4:23-31
Ephesians 1:17-19
Ephesians 6:18-20
1 Thessalonians 5:17
Philemon 1:4-7
James 5:13
1 Peter 3:12; 4:7

—Jot down some thoughts that stand out to you from these passages and what God might be nudging within your heart about living... (on a separate piece of paper)...

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