

FOLLOWING GOD'S DIRECTIONS IN DIFFICULT TIMES

Philippians 4:4-9 –

Rejoice in the Lord always; again I will say, rejoice!

5 Let your gentle spirit be known to all men. The Lord is near.

6 Be anxious for nothing, but in everything by prayer and supplication (petition) with thanksgiving let your requests be made known to God.

7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

- Verse 4 (NASB-U) *Rejoice in the Lord always; again I will say, rejoice!*
- Philippians 4:4 (LBLA) — *4 Regocijaos en el Señor siempre. Otra vez lo diré: ¡Regocijaos!*
- Today's English Version says, “*May you always be joyful in your life in the Lord.*”
- Philip. 4:4 (Msg) *Celebrate God all day, every day. I mean, revel in him!*

- Philippians 4:6 - *“Don’t be anxious about anything but in everything 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 minds in Christ Jesus.”*
- Philippians 4:6 (LBLA) — *6 Por nada estéis afanosos; antes bien, en todo, mediante oración y súplica con acción de gracias, sean dadas a conocer vuestras peticiones delante de Dios.*

- Philippians 4:8 (NIV) *Finally, brothers, 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.*
- Philippians 4:8 (LBLA) — *8 Por lo demás, hermanos, todo lo que es verdadero, todo lo digno, todo lo justo, todo lo puro, todo lo amable, todo lo honorable, si hay alguna virtud o algo que merece elogio, en esto medita.*

- **First - Worry about nothing**
- **Second: Pray about everything**
- **Third: Thank God in all things**
- **Fourth: Think about the right things**

WORRY ABOUT NOTHING

- V. 6 *“Don’t be anxious about anything. Do not fret or have any anxiety.”*
 - Philippians 4:6 (LBLA) — 6 Por nada estéis afanosos; antes bien, en todo, mediante oración y súplica con acción de gracias, sean dadas a conocer vuestras peticiones delante de Dios.
- The Smithsonian Institute magazine says *“we are living in the Golden Age of Anxiety.”*
- *“worry about nothing.”*

- A study done by Dr. Walter Calvert, funded by the National Science Foundation, revealed some startling statistics about human beings and worry. Here's what he found:
- 40% of the things people worry about never happen.
- 30% of our worries concern the past.
- 12% of our worries are needless concerns about our health.
- *So 82% of all the things we tend to worry about need to be deleted - placed in the recycle bin and then emptied.*
- Dr. Walter Calvert says that when you really get down to it... **only 8% of our worries are actual, legitimate concerns.**

- Matthew 6:34 - ***“Therefore do not worry about tomorrow for tomorrow will worry about itself. Each day has enough troubles of its own.”***
- Matthew 6:34 (LBLA) — ***34 Por tanto, no os preocupéis por el día de mañana; porque el día de mañana se cuidará de sí mismo. Bástele a cada día sus propios problemas.***
- ***He’s saying don’t open your umbrella until it starts raining.***
- Today is the tomorrow you worried about yesterday. Don’t do that.
- ***Worry about nothing.***

PRAY ABOUT EVERYTHING

- *“In everything by prayer and petition with thanksgiving, present your requests to God.”*
- Pray *“in everything.”*
- Phillips translation: *“When you pray, tell God every detail of your life.”*
- *“Pray with petition.”*
- 1 Peter 5:7 *“Unload all your worries on Him since He is looking after you.”*

LET IT DROP

- 1 Peter 5:7 (Phillips translation) ***“You can throw the whole weight of your anxieties upon Him for you are His personal concern.”***
- 1 Peter 1:5 (LBLA) — ***5 que sois protegidos por el poder de Dios mediante la fe, para la salvación que está preparada para ser revelada en el último tiempo.***

- James 4:2 - *You do not have because you do not ask.*
NASU
- James 4:2 (LBLA) — *2 No tenéis, porque no pedís.*

THANK GOD IN ALL THINGS

- *“When you pray, pray with thanksgiving.”*
- Good News: *“Always asking Him with a thankful heart.”*
- **The attitude of gratitude.**

- Be thankful in all things. 1 Thessalonians 5:18 - *“Give thanks in all circumstances for this is God’s will for you in Christ Jesus.”*
- 1 Thessalonians 5:18 (LBLA) — *18 dad gracias en todo, porque esta es la voluntad de Dios para vosotros en Cristo Jesús.*
- I know He has a purpose bigger than the problem.
- He will give me the power to overcome the problem
- I will grow through the experience if I allow it to help me grow
- In every circumstance. Even in the evil that happens in the world I can be thankful because I know God is greater than the problem.

*“Give thanks in all
circumstances for this is
God’s will.”*

THINK ABOUT THE RIGHT THINGS

- Philippians 4:8 - *“Finally brothers, whatever is true, noble, right, pure, lovely, admirable, if anything is excellent or praiseworthy, think about such things.”*
- Philippians 4:8 (LBLA) — *8 Por lo demás, hermanos, todo lo que es verdadero, todo lo digno, todo lo justo, todo lo puro, todo lo amable, todo lo honorable, si hay alguna virtud o algo que merece elogio, en esto medita.*

THINK ABOUT THE RIGHT THINGS

- If we want to reduce the level of stress in our life, we must change the way we think.
- Proverbs 23:7- *“As a man thinks in his heart, so is he.”*
- Proverbs 23:7 (LBLA) — *7 pues como piensa dentro de sí, así es. Él te dice: Come y bebe, pero su corazón no está contigo.*

THINK ABOUT THE RIGHT THINGS

- Colossians 3:1-2 - *Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. 2 Set your mind on the things above, not on the things that are on earth.* NASU
- Colossians 3:1-2 (LBLA) — *1 Si habéis, pues, resucitado con Cristo, buscad las cosas de arriba, donde está Cristo sentado a la diestra de Dios. 2 Poned la mira en las cosas de arriba, no en las de la tierra.*

- Philippians 4:7 - *“If you do this you will experience God’s peace which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your heart quiet and at rest as you trust in Christ Jesus.”*
- Philippians 4:7 (LBLA) — *7 Y la paz de Dios, que sobrepasa todo entendimiento, guardará vuestros corazones y vuestras mentes en Cristo Jesús.*

- V. 7 *“If you do this you will experience God’s peace which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your heart quiet and at rest as you trust in Christ Jesus.”*
- *“As you trust in Christ Jesus.”*