



THRIVE

A LOOK AT
PHILIPPIANS

Session#5: Practicing with Joy

Text: Philippians 4:4-9



How Do We Perceive?

*Question #1: How Can we move to
responding with positivity rather
than negativity?*

4:4-5

Inner Attitudes and Outward Circumstances

Joy isn't about getting what you want its about being grateful for what you have in Christ. We rejoice in the Lord not our circumstances.

*Question #2: How does prayer help
us move from worry to trust?*

4:6-7

Definition of worry:

To be pulled in different directions; to strangle.

To Conquer Worry

- Isaiah 26:3: Reveals how to remain steadfast in heart and mind
- Right— Praying (v.6), Thinking (v.8), and living (v.9)

Luke 10:41

- “I’ve been to the Mountain Top” Martin Luther King Jr. (Great Perspective)

Defining Prayer

- A worshipful attitude of the heart having a continual awareness of God's presence.
- A life style of prayer is a primary component that leads to joy.

*Question #3: How can we practice
the things Paul taught?*

4:8-9

In verse 8 we find “Stepping Stones”
of thought that focus us on Christ.

Minimize the Trash



Energize the Truth



By: Pastor McBride

Outlook Determines Outcome

*The Christian mind is the
prerequisite of Christian thinking,
and Christian thinking is the
prerequisite for Christian action.*

~Harry Blamires

Psalm 119:15

- Our lives will move in the direction of our strongest thoughts. What you allow in your thought life and think or dwell upon will become how you live.

Other Scripture Focus

- 2 Corinthians 1-:3-5
- Ephesians 4:23-25
- Colossians 3:10
- John 17:17

Final Thrive Thought

The hope of the Christian is indestructible because it is founded on the eternal God. As Paul wrote “Not that we are sufficient in ourselves to claim anything as coming from us but our sufficiency is from God.” (2 Corinthians 3:5)