CHARIS YOUTH

Series: If You're Happy and You Know It

Lesson 4: Always Rejoice: Philippians 4

About This Lesson

Philippians 4 shows that the keys to being joyful are always rejoicing, thinking on godly things, and giving. This final chapter of Philippians encourages us to focus our thoughts on positive things rather than on emotions or circumstances. This is an important lesson for young people to master now, helping them learn to choose to rejoice in God at all times.

Key Takeaway: Rejoicing is an action that comes from a choice. The more I think about God and good things, the more I rejoice!

Key Verse: Psalm 144:15 *Happy are the people whose God is the LORD!*

Teaching Outline:

I. REVIEW OF PHILIPPIANS 3

A. Live for Jesus by rejoicing in the Lord and knowing Him.
   1. Jesus is Lord! He is my Lord! His joy is my joy! I can tap into that joy every day—no matter what is going on in the world!
   2. The world didn't give me joy! Jesus gave me joy, and nothing can take it away!

B. Keep moving forward.
   1. Paul didn't look back at his life before Jesus.
   2. Paul looked forward to his home in heaven.

C. Know whether or not you are a citizen of heaven.
   1. Salvation is the only way to get citizenship in heaven.
   2. I am saved, so I have a reason to rejoice!
   3. Today is the day of salvation!

Isaiah 12:2–3 *Behold, God is my salvation, I will trust and not be afraid; 'For YAH, the LORD, is my strength and song; He also has become my salvation.'*
[3] Therefore with joy you will draw water from the wells of salvation.

II. ALWAYS REJOICE: PHILIPPIANS 4:1-7

Therefore, my beloved and longed-for brethren, my joy and crown, so stand fast in the Lord,
[2] I implore Euodia and I implore Syntyche to be of the same mind in the Lord. [3] And I urge you also, true companion, help these women who labored with me in the gospel, with Clement also, and the rest of my fellow workers, whose names are in the Book of Life.
[4] Rejoice in the Lord always. Again I will say, rejoice!
[5] Let your gentleness be known to all men. The Lord is at hand.
[6] Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; [7] and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

A. Relationships bring joy (verses 1–3).
   1. Because marriage, family, and friendships bring joy, the devil tries to attack your relationships! He tries to steal joy by attacking important relationships.
   2. Your spouse, children, friends, and brothers and sisters in Christ are not the enemy.
   3. Euodia and Syntyche had a strained friendship. Paul reminded them to be of the same mind in the Lord.
   4. Realize that we are all part of the same team working together, and our names are in the Book of Life!

B. Rejoice is a verb (v. 4).
   1. Rejoicing is an action and a discipline that needs to be practiced daily! Don't let your joy bucket get rusty! Keep filling it throughout the day.
   2. It takes faith in Jesus to rejoice in every situation, every day.
   3. You might not always be happy, but you are always to rejoice and act on the joy that Jesus gave you!

C. Joy is the best medicine with the best side effects (vv. 5–7).
   Proverbs 17:22 *A merry heart does good, like medicine, but a broken spirit dries the bones.*

1. A lot of medicines have terrible side effects, such as nausea, headaches, irritability, hallucinations, seizures, and death.
2. What are the side effects of joy?
   a. Gentleness – gentleness is one way people see Jesus in you.
   b. No anxiety – if you feel anxious, pray! God hears your prayers!
      John 14:1 *Let not your heart be troubled; believe in God, believe also in Me.*
   c. Thankfulness – be thankful and offer a sacrifice of thanksgiving. Sometimes you're going to have to turn a pity-party into a Holy Ghost party!
   d. Supernatural peace – God's peace guards your hearts and minds. Whatever shot the enemy takes at you—God's peace will block it and shut it out!

III. THINK ON THESE THINGS: PHILIPPIANS 4:8-9

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. [9] The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

A. What you think about matters (v. 8).
   1. A Cleveland Clinic study said the average person thinks 60,000 thoughts per day. 95% of these thoughts are the same thoughts- habitual thoughts. 80% of these thoughts are negative.
   2. If you feel stuck in your thinking, pray in tongues! The Holy Ghost helps you break the cycle of destructive thoughts!
   3. Give a personal example of a time your situation changed when you changed your thoughts about it.
      Jude 20 *But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit.*

B. Keep your mind on God and His promises (v. 9).
   Isaiah 26:3 *You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.*
   Romans 8:6 *For to be carnally minded is death, but to be spiritually minded is life and peace.*
   1. Don't just look at things with your natural eyes, senses, feelings, or emotions. Look at things through the Spirit, through God's Word, and

through Jesus' eyes! Build your ultimate hope in Jesus and the unfailing promises of God's Word!

2. You might have to tune out certain voices, such as the news, Facebook, Instagram, TikTok, sarcasm, and pessimism.

IV. TAP INTO THE JOY OF GIVING: PHILIPPIANS 4:10-23

But I rejoiced in the Lord greatly that now at last your care for me has flourished again; though you surely did care, but you lacked opportunity. [11] Not that I speak in regard to need, for I have learned in whatever state I am, to be content: [12] I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. [13] I can do all things through Christ who strengthens me.
[14] Nevertheless you have done well that you shared in my distress. [15] Now you Philippians know also that in the beginning of the gospel, when I departed from Macedonia, no church shared with me concerning giving and receiving but you only. [16] For even in Thessalonica you sent aid once and again for my necessities. [17] Not that I seek the gift, but I seek the fruit that abounds to your account. [18] Indeed I have all and abound. I am full, having received from Epaphroditus the things sent from you, a sweet-smelling aroma, an acceptable sacrifice, well pleasing to God. [19] And my God shall supply all your need according to His riches in glory by Christ Jesus. [20] Now to our God and Father be glory forever and ever. Amen.

[21] Greet every saint in Christ Jesus. The brethren who are with me greet you. [22] All the saints greet you, but especially those who are of Caesar's household.
[23] The grace of our Lord Jesus Christ be with you all. Amen.

A. Enjoy godly contentment (vv. 10–12).
   1. Whatever state you are in or whatever is going on around you, you can choose to be content. You can choose to have peace because your joy comes from something much deeper—Jesus!
      a. Whether your situation is humble or prosperous, find your contentment and joy in Jesus, not in your situation.
   2. Supernatural joy is far better than circumstantial joy.
      a. Circumstantial joy: I'll be happy when I finish school, get my dream job, buy the right car, buy the right house, or marry the right person.
      b. Supernatural joy: Today, I choose joy! I am taking a step of faith and shouting, singing, and dancing for joy, thanking God for the victory, even though I can't see it.
   3. Faith fully expresses itself through joy!

a. If you want me to see your faith, let me see your joy first!

B. Jesus gives strength (v. 13).
   1. It is impossible to live a life of faith without Jesus—He gives strength to live a life of faith! It is impossible to operate in supernatural joy without Jesus!

C. Keep giving and receiving (vv. 14–16).
   1. Life comes from giving and receiving!
      a. The Sea of Galilee is life-giving to many ecosystems, but the Dead Sea is stagnant, saline, and doesn't support any aquatic life.

D. Be a giver (vv. 17–19).
   1. Give so that fruit will be added to your account.
   2. God promises to givers that He will supply all your needs according to His riches in glory by Christ Jesus.
   3. One of God's names is El Shaddai, meaning the Almighty, the all-sufficient, the more than enough God.
   4. Choose not to have a scarcity mindset. Choose to have an abundance mindset!
      b. The Holy Spirit will help you and have an abundance mindset. Give an opportunity to receive the baptism of the Holy Spirit.

Bottom Line:
Choose to rejoice at all times because God gives you the strength to do it.

Small Group Time:

1. Philippians 4:6–7 says, *"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."* These verses show how to have God's peace when anxiety rises in you.

- Have you felt God's peace? Explain the situation where you felt it.
- What causes you to feel anxious?
- What might your prayer to God sound like to bring God's peace in the situation that is causing anxiety?

2. Philippians 1 taught us: what happiness is, the power of being thankful, living for Jesus, being bold, and conducting yourself well. Philippians 2 taught us: be a team player, look to Jesus, live with purpose, and God will send people to help you. Philippians 3 taught: live for Jesus, move forward, and know that you are a citizen of heaven. Philippians 4 taught us:

- Which topic from Philippians did you apply to your life and see it working?
- Which verse from Philippians meant the most to you, and why?

Declaration:

"I choose to rejoice right now and at all times—no matter the circumstances—I choose to rejoice!"

Youth Weekly Journal:

Handout, Email, or Download

- **Question:** How will you choose to rejoice in all situations this week?
- **Pray:** Thank God for being your source of strength to choose joy and being the supplier of your needs.
- **Read:** Read Philippians 4 each day and write down new revelations the Holy Spirit shows you.
- **Live It:** Philippians 4:4 challenges you to rejoice always. Think about potential situations this coming week that might try to steal your joy and stop your rejoicing. Plan some tactics to help you keep your joy and rejoice through the circumstances that try to rob you of joy.
- **Create:** Continue making a collage of key words, verses, thoughts, or examples of living out Philippians 4. Make a habit of thinking about and applying God's Word to your life.

EXTENDING THE LESSON

Icebreaker Question: What movie or song title sums up your past week?

Opening Activity Suggestion: Begin with a discussion about how to show joy in your daily life. Survey the young people about how they show joy: sing, dance, praise,

laugh, or have them list other ways. Ask them who they saw showing joy last week, and how that person's joy affected them.

Opening Affirmation: "I choose to be thankful and bold as I live rejoicing at all times in unity with other believers. I live for Jesus and keep moving forward."

Giving Time: Philippians 4:17–19 *Not that I seek the gift, but I seek the fruit that abounds to your account. [18] Indeed I have all and abound. I am full, having received from Epaphroditus the things sent from you, a sweet-smelling aroma, an acceptable sacrifice, well pleasing to God. [19] And my God shall supply all your need according to His riches in glory by Christ Jesus.*

Philippians 4 reminds us that we have choices to make. We can choose joy in any type of situation we encounter. We can choose to be life-giving rather than stagnant. We can choose abundance over lack because God supplies our needs. When we believe that God is our supplier, it frees us to give, knowing He will take care of us. Giving benefits you more than the person receiving it.

BEYOND – ADDITIONAL APPLICATION FOR CHURCH OR HOME

Challenge: This week, challenge the young people to keep their thoughts focused on what is true, noble, just, pure, lovely, good report, virtuous, and praiseworthy. That might mean turning off social media and opening your Bible instead! Next week, ask them what they discovered when they focused on positive, godly things.

Biblical Worldview: Today's culture focuses on feelings as the sole determinants of how people feel and what they do. The Bible offers a different path for Christians. Regardless of our feelings or circumstances, we can choose to think on what is true, noble, just, pure, lovely, good report, virtuous, and praiseworthy—and let that guide our feelings and change our circumstances. When young people respond to God's Word and apply it to their lives, they will help their peers see that following God is a better way to live.

Outreach/Missions: There are many countries where Christians are persecuted. It is hard to imagine that believers could choose to be joyful in situations where they find themselves imprisoned, yet they choose to be like Paul and praise God. Pray for the

persecuted Christians around the world to have overflowing joy that testifies to God and leads many people to want what they have in Christ.