

Cultivating Joy in a Depressed World

Philippians 4:1-14

Joy in friendship (1)

Joy in unity (2-3)

Joy in God's peace (4-9)

Joy in contentment (10-13)

Joy in provision (14ff)

Stumbling Blocks to Joy:

- Sin (Psalm 51)
- Misdirected confidence ("Rejoice in the Lord"; not me)
- Discipline of God (Hebrews 12:11)
- Trials of faith (purpose is to build our faith)

Aids to Joy:

- Confessing/forsaking sin (Psalm 32:5ff)
- Trusting in God (Romans 15:13)
- Having a long-range view of life (2 Cor. 4:18)
- Thankfulness (1 Thess. 5:18)