



Empowering People to Change the World

**Leverage Point #12**  
**Joy Always Overcomes Worry**

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## Joy Always Overcomes Worry!

### Philippians 4:1-9

The biggest struggle of most of our lives is worry. We worry about:

- Finances
- Job
- Relationships
- Health
- The future

Anxiety, depression, sadness and stress impact your physical health. All of these emotions trigger chemical reactions in your body, which can lead to inflammation and a weakened immune system.

Doctors are finding that the number one contributor to most cancers, sicknesses, etc. is worry which then causes stress. Stress just eats up your immune system and in a depressed state, your immune system does not work as effectively.

It seems that Paul has a key to worry and stress like no one else.

- He has lost his family, his home, his finances and is now writing from prison full of joy.

Joy always overcomes worry. My grandmother Lucille who died at 95 used to say that happiness and worry are incompatible, so be happy!

### Lesson from Paul on a Joy that overcomes Worry

#### 1. Have Joyful Relationships in your life.

**Philippians 4: 1-3**

***<sup>1</sup> Therefore, my beloved and longed-for brethren, my joy and crown, so stand fast in the Lord, beloved. <sup>2</sup> I implore Euodia and I implore Syntyche to be of the same mind in the Lord. <sup>3</sup> 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.***

- Experts say the most powerful force in the life of a 2 year old is the desire for joyful relationships. Some neurologists say that the most basic human need is to be “the sparkle in someone’s eye.”
- In the book, *The Life Model*, written by five doctors and I quote, “Those who get healed from trauma are those individuals who have authentic joy-producing relationships that can build joy and strength. Building joy through life-giving relationships is the most often the first part to recovery.”
- Paul calls the Philippians his “beloved.” He loves this church.
- He even calls the church to work out hard feelings between two women.
- Synergy of purpose is the key to joyful relationships.

## **2. Rejoice in the Lord Always**

### **Philippians 4:4**

***Rejoice in the Lord always. Again I will say, rejoice!***

- We all need a joy reserve, a joy strength, to draw from. Learning to rejoice in God daily is a habit.
- This is a habit we have to form. Starting each day with praise and worship!
- Rejoicing in the Lord—not our circumstances or struggles.
- Rejoicing in God in your life.
- “Delight in the Lord and He will give you the desires of your heart” means that there are deep profound desires that can be accessed without delighting in God!

## **3. Be Vulnerable about your Worries**

### **Philippians 4:5 5**

***Let your gentleness be known to all men. The Lord is at hand.***

- Vulnerability is one of the greatest ways to be set free in our life.
- A National Task Force studying how students grow in their faith found that the single most important factor authentic were relationships with a godly teacher, parent or adult.
- Clinical studies show that wounded people grow best through vulnerable open relationships with trusted people.
- Share openly with trusted bloodstained allies.

### **4. Take your Worries to God in Prayer**

#### **Philippians 4:6-7**

***<sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; <sup>7</sup> and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.***

- You absolutely must take your worries to the Lord in prayer, even thanking Him for your challenges.
- For example, Prayer Walking has helped me immensely.
- Forest Gump, after Jennie left him, said, “Jennie left and I just started running. So, ran to the end of my driveway and just kept running and then I ran into town and kept running, and then I ran to the end of the county and kept running...”
- While I Prayer Walked, I talked to God, pleaded with God, cried out to God.

### **5. Renew your Mind by Thinking on Beautiful Things**

### **Philippians 4:8-9**

***<sup>8</sup> 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. <sup>9</sup> The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.***

- For example, this may be why I love being in the wilderness, in the mountains or on a mountain stream. It renews my mind on beauty!
- In Psalm 27:4 David renewed his mind by focusing on the beauty of the Lord.