



## Brown Community Group Zoom Guide

Peace, Joy and Contentment in All Time

March 29, 2020

### **Philippians 4:4-14**

***4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers and sisters, 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. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. 10 I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. 11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength. 14 Yet it was good of you to share in my troubles.***

### **Mathew 6:25-34**

***25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life? 28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.***

- **We need to praise God in all circumstances**

God is more concerned about transforming us into the image of his Son than he is about how it will temporarily affect us. He tells us to be content *in* our circumstances. Offering God praise has nothing to do with our circumstances or feelings.

- **Circumstances Cannot Take Away Our Joy**

In 2<sup>nd</sup> Corinthians 6:10, Paul says that Christians can be “*sorrowful, yet always rejoicing*”. This means that even when we are in the midst of a situation that legitimately brings us pain, worry or trouble, our inner joy is never taken away. The very core of our being can still rejoice in the fact that we are forgiven children of God who enjoy an intimate relationship with the Creator of the universe. James says that we should, “*Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness*” (James 1:2-3).