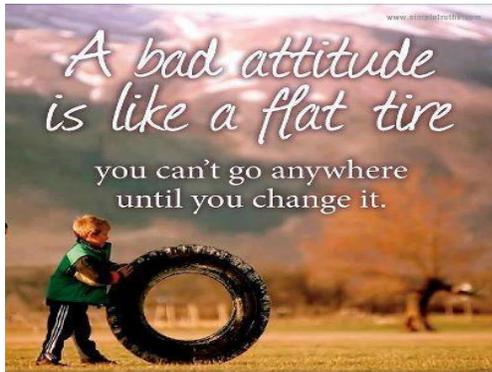


**The 4:8 Principle**  
**The Secret to a Joy-filled Life**  
Phil 4:4-9

Rejoice in the Lord always; again I will say, rejoice! Let your gentle spirit be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.



**Worry never  
robs tomorrow  
of its sorrow,  
it only saps  
today of its joy.**  
~ Leo Buscaglia blog.LoveQuixote.com

- I. God wants you to **discover** the joy-filled life. (Phil. 4:4-5)

**Rejoice in the Lord always;** again I will say, **rejoice!** Let **your gentle spirit** be known to all men. The Lord is near.

1. We discover joy is experienced on God's **path**. (Ps 16:11a)

"You will make known to me the **path of life;**"

2. We discover joy is experienced in God's **presence**. (Ps. 16:11b)

**In Your presence** is fullness of joy;

3. We discover joy is experienced by God's **power**. (Ps. 16:11c)

**In Your right hand** there are pleasures forever.

- II. God wants you to **develop** the joy-filled life. (Phil. 4:6)

**Be anxious for nothing,** but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

1. We develop joy by exposing our **fears** to God. (2 Tim 1:7)

For **God has not given us a spirit of timidity,** but of power and love and discipline.

2. We develop joy by expressing our **faith** in God. (James 1:2-3)

Consider it all joy, my brethren, when you encounter various trials, 3 ***knowing that the testing of your faith produces endurance.***

3. We develop joy by expanding our **focus** on God. (Heb. 12:2)

***Fix your eyes on Jesus***, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

- III. God wants you to **defend** the joy-filled life. (Phil. 4:8)

Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

1. We defend joy by choosing to take our **conscience** captive. (2 Cor. 10:5)

We are destroying speculations and every lofty thing raised up against the knowledge of God, and ***we are taking every thought captive to the obedience of Christ,***

2. We defend joy by choosing our **company** carefully. (1 Cor. 15:33)

Do not be deceived: "***Bad company corrupts*** good morals."

3. We defend joy by choosing **contentment** not comparison. (Phil 4:11)

I have learned to be ***content in whatever circumstances*** I am.

