

PURSUE

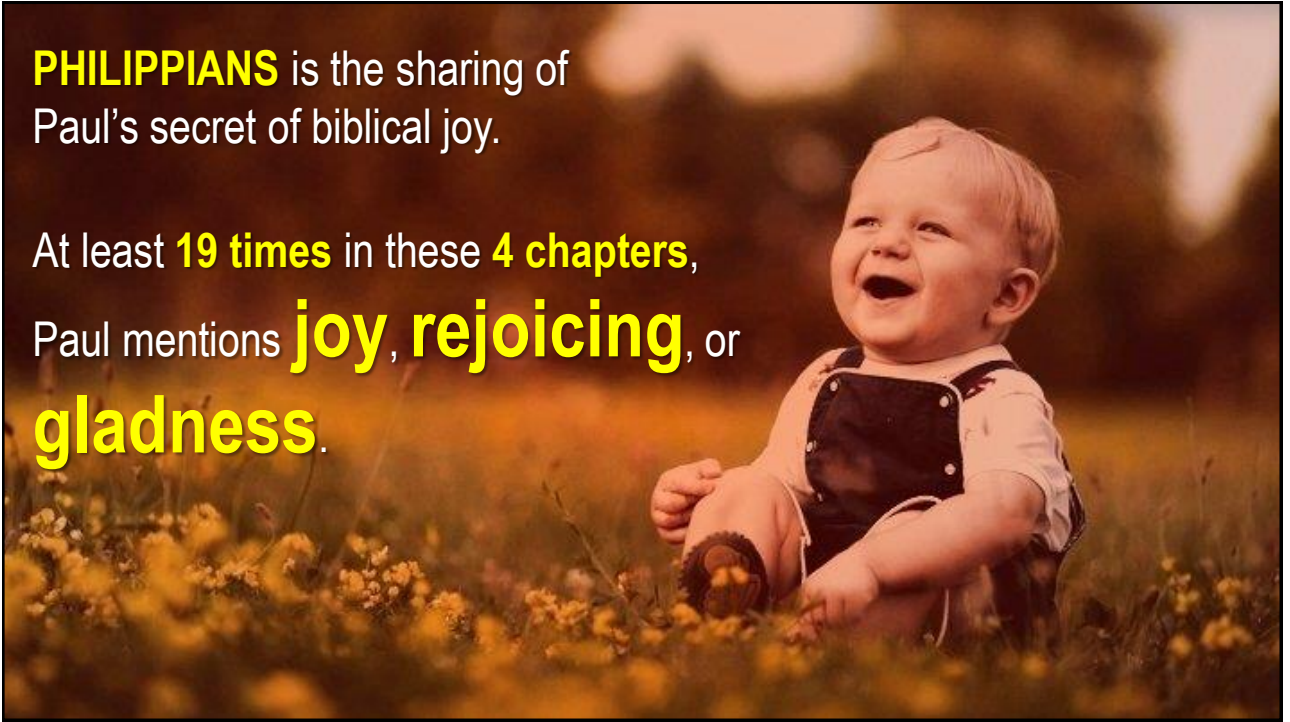
JOY

An Overview on  
Book of Philippians

**Read Philippians 1 & 2**

**PHILIPPIANS** is the sharing of Paul's secret of biblical joy.

At least **19 times** in these **4 chapters**, Paul mentions **joy, rejoicing**, or **gladness**.



The secret Paul has is found in another word that is repeated.

- The word **MIND** is used 10 times
- The word **THINK** is used 5 times.
- Paul also uses the word **REMEMBER**.
- Put these words together and we have 16 references to the **“MIND”**
- In other words, the secret of Christian joy is found in the way **the believer thinks** -- his or her attitude.

**“Your joy comes  
from how you think,  
the choices that  
we make in life.”**

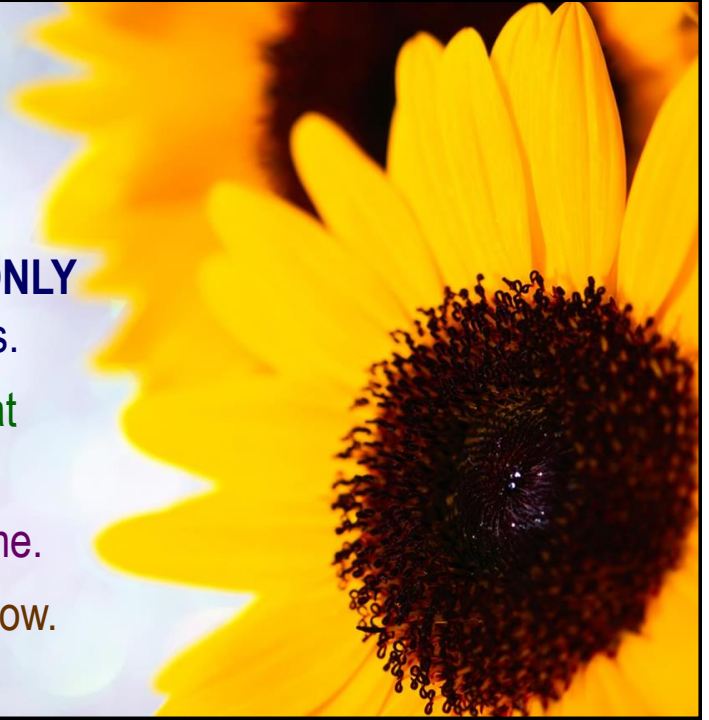
Joyce Meyer



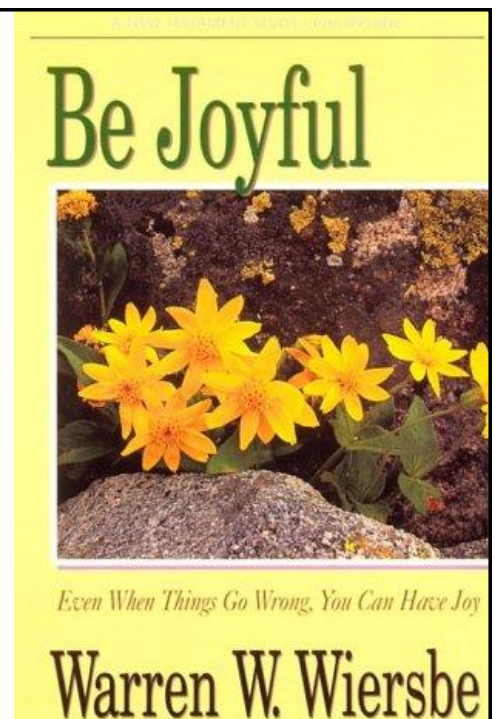
Has your  
*JOY*  
been  
**STOLEN?**

## 5 MYTHS of JOY

1. True Joy is dependent on my personal situation.
2. In order to find Joy, I must **ONLY** look out for my own interests.
3. Joy is an emotion/feeling that I have no control over.
4. My lack of Joy affects only me.
5. Joy is incompatible with sorrow.



**An excellent resource for  
Letter to Philippians**





In Philippians,  
Paul highlighted **4 thieves**  
who will steal  
your joy in life.



YOU'D NEVER INVITE A THIEF INTO YOUR HOUSE.  
SO WHY WOULD YOU ALLOW THOUGHTS THAT  
STEAL YOUR JOY TO MAKE THEMSELVES  
AT HOME IN YOUR MIND?

## Joy Stealers

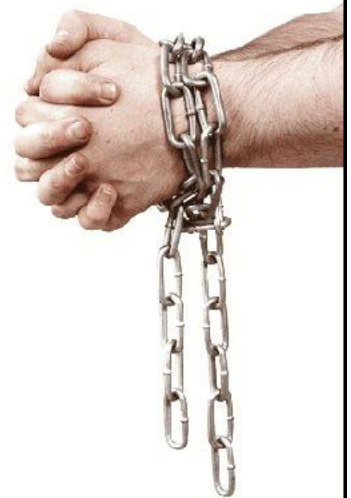
# 1. Circumstances



## Joy Stealer - Circumstances

Paul was not in a favourable situation

- “I am in chains”
  - ✧ wanted to go to Rome as a preacher, but now ended as a prisoner
  - ✧ chained to a guard 24/7
- “some preach Christ out of envy and rivalry”
- he was in need, hungry (4:11-12)



## Joy Stealer - Circumstances

- 1:12 "Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. 13 As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ."
- 1:14 And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear.
- 1:17 The former preach Christ out of selfish ambition, not sincerely, supposing that they can stir up trouble for me while I am in chains. 18 But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this I rejoice. Yes, and I will continue to rejoice, ....

## Joy Stealer - Circumstances

- 4:17 Not that I desire your gifts; what I desire is that more be credited to your account.

## Joy Stealer - Circumstances

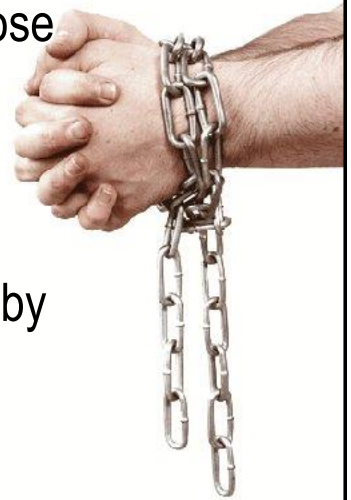
Paul chose to see his imprisonment as a stepping stone for :

- Advancement of the Gospel
- Increase in Boldness for others
- End Result - Christ was preached
- Philippians can credit into their Heavenly accounts

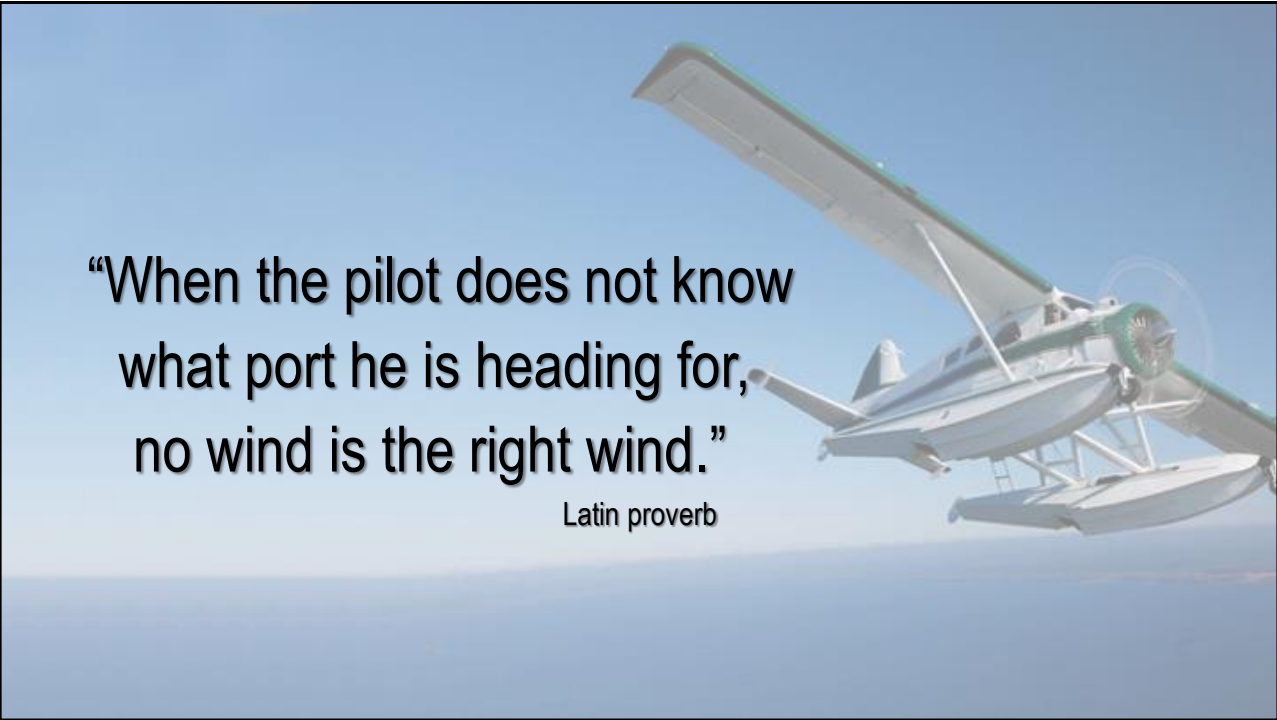


## Joy Stealer - Circumstances

- Paul was SINGLE-MINDED about his purpose  
 “For to me, to live is Christ and  
 to die is gain” (1:21)
- The reason why many Christians are upset by circumstances is because they do not cultivate the single mindedness.

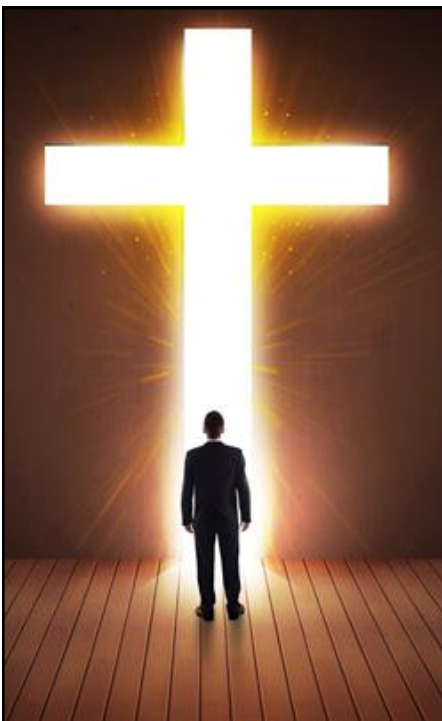






“When the pilot does not know  
what port he is heading for,  
no wind is the right wind.”

Latin proverb



To overcome  
**Circumstances** as a Joy Stealer ...

We need to have

**A Single  
Mind**

Joy Stealers

## 2. People



## Joy Stealer - People

Paul knew:

- 2 ladies who cannot see eye to eye on some issues (4:2)



**TAKE A STAND FOR  
YOURSELF AND REFUSE  
TO LET PEOPLE STEAL  
YOUR JOY TODAY.**

## Joy Stealer - People

2:1-4 If you've gotten anything at all out of following Christ, if his love has made any difference in your life, if being in a community of the Spirit means anything to you, if you have a heart, if you care— then do me a favor: Agree with each other, love each other, be deep-spirited friends. Don't push your way to the front; don't sweet-talk your way to the top. Put yourself aside, and help others get ahead. Don't be obsessed with getting your own advantage. Forget yourselves long enough to lend a helping hand.

Philippians 2:1-4 (MSG)

## Joy Stealer - People

Paul gave 4 wonderful examples for us to emulate:

- Jesus
- Timothy
- Epaphroditus
- Paul



To Overcome  
People as a Joy Stealer ...

We need to have

# A Submissive Mind



Joy Stealer - People

**Philippians 2:3** (NIV)

Do nothing out of selfish ambition  
or vain conceit.

Rather, in humility value others  
above yourselves ...





Joy Stealers

### 3. Things



Then he said to them,  
“Watch out! Be on your guard against all  
kinds of greed; life does not consist in an  
abundance of possessions.”

**Luke 12:15** (NIV)

## Joy Stealer - Things

Paul had no confidence in the flesh. He was

- circumcised on the eighth day,
- of the people of Israel,
- of the tribe of Benjamin,
- a Hebrew of Hebrews;
- ✓ as to the law, a Pharisee;
- ✓ as to zeal, a persecutor of the church;
- ✓ as to righteousness under the law, blameless.



## Joy Stealer - Things

- Paul pointed out that most people focus on earthly things.
- We need to:
  - Look at things from God's point of view.
  - Have a Spiritual Mind
- Paul cited 3 key words:
  - "count" (3:7-11),
  - "press" (3:12-16), and
  - "look" (3:17-21).



## Joy Stealer - **Things**

3 9-10 I've dumped it all in the trash so that I could embrace Christ and be embraced by him. I didn't want some petty, inferior brand of righteousness that comes from keeping a list of rules when I could get the robust kind that comes from trusting Christ—God's righteousness. I gave up all that inferior stuff so I could know Christ personally, experience his resurrection power, be a partner in his suffering, and go all the way with him to death itself. If there was any way to get in on the resurrection from the dead, I wanted to do it.

3 20-21 But there's far more to life for us. We're citizens of high heaven! We're waiting the arrival of the Savior, the Master, Jesus Christ, who will transform our earthy bodies into glorious bodies like his own. He'll make us beautiful and whole with the same powerful skill by which he is putting everything as it should be, under and around him. *Philippians 3:9-10 & 20-21 (MSG)*



## Joy Stealers

### 4. Worry



#### Joy Stealer - **Worry**

Against the backdrop of:

- Paul's imprisonment
- Troubles created some people
- Believers not agreeing in the Lord
- Wrong doctrine being taught to Philippians

Paul has every reasons to be worried.  
Instead, he told the church in Philippi...



## Joy Stealer - Worry

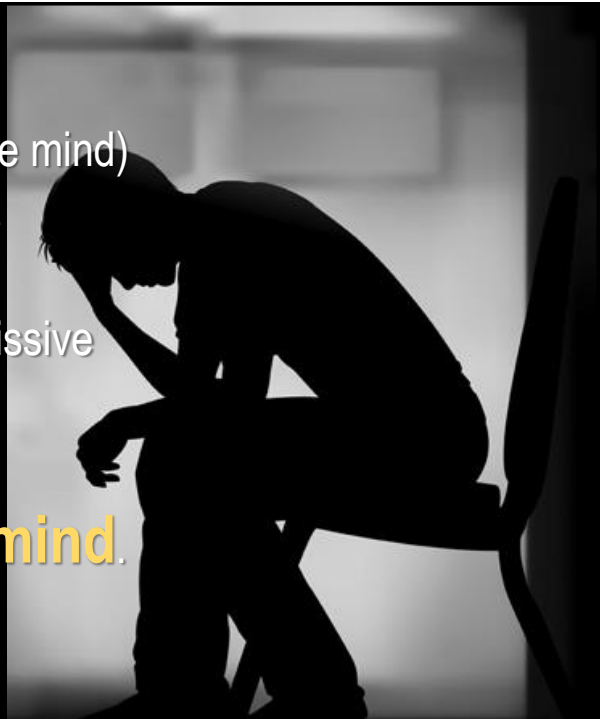
... **6** do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

**7** And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. **8** Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. **9** What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

**Philippians 4:6-9** (NIV)

## Joy Stealer - Worry

- Worry is actually wrong thinking (the mind) and wrong feeling (the heart) about circumstances, people, and things.
- If we have a single mind, the submissive mind, and the spiritual mind, we should not have to much to worry.
- Paul describes this as a **secure mind**.





## Joy Stealer - **Worry**

Paul describes the spiritual resources available for any believer has a secure mind in Christ:

- God of Peace

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.

Philippians 4:8-9 (NIV)

## Joy Stealer - **Worry**

Paul describes the spiritual resources available for any believer has a secure mind in Christ:

- Peace of God

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:7 (NIV)

## Joy Stealer - **Worry**

Paul describes the spiritual resources available for any believer has a secure mind in Christ:

- Power of God

I can do all this through him who gives me strength.

Philippians 4:13 (NIV)

## Joy Stealer - **Worry**

Paul describes the spiritual resources available for any believer has a secure mind in Christ:

- Provision of God.

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

Philippians 4:19 (NIV)



To Overcome  
Worry as a Joy Stealer...

We need to have

**A Secure Mind**



In the letter to Philippians, Paul describes **4 attitudes** of mind that will produce a certain kind of biblical joy in spite of **circumstances**, **people**, and **things** and that will keep us from **worrying**.

**A Single Mind**

**A Submissive Mind**

**A Spiritual Mind**

**A Secure Mind**





# Interview with Sin Yee



**Philippians 4:4-5** (NIV)

**4 Rejoice** in the Lord always;  
again I will say, **rejoice**.

**5** Let your reasonableness  
be known to everyone.  
The Lord is at hand...



***“Joy is  
strength”***

Mother Teresa



## Closing

**12** Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me.

**13** Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, **14** I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. **Philippians 3:11-14 (NIV)**

