



CHOOSE JOY

Part 1 – The First Choice
February 2, 2020

(Isaiah 61:1-4 NKJV) The Spirit of the Lord GOD is upon Me, because the LORD has anointed Me to preach good tidings to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound; to proclaim the acceptable year of the LORD, and the day of vengeance of our God; to comfort all who mourn, to console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the LORD, that He may be glorified. And they shall rebuild the old ruins, they shall raise up the former desolations, and they shall repair the ruined cities, the desolations of many generations.

(2 Corinthians 6:10) ...sorrowful, yet always rejoicing; poor, yet making many rich; having nothing, and yet possessing everything.

The First Choice

(Philippians 4:4-5) Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near.

1. Prayer _____.

(Philippians 4:6a) Do not be anxious about anything, but in every situation, by prayer...

(Philippians 4:6 MSG) Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns.

(Matthew 6:34) "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

2. Prayer _____.

(Philippians 4:6b-7) ...by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

(Romans 15:13) May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.

3. Prayer _____.

(Philippians 4:8) Finally, brothers, 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.

(Colossians 3:2 NLT) Think about the things of heaven, not the things of earth.

4. Prayer _____.

(Philippians 4:12) 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.

(Psalm 23:1 NLT) The LORD is my shepherd; I have all that I need.

5. Prayer _____.

(Philippians 4:13) I can do everything through Him who gives me strength.

(Philippians 4:19) And my God will meet all your needs according to His glorious riches in Christ Jesus.

(Proverbs 16:20b NLT) Those who trust the LORD will be joyful.

Prayer doesn't _____.

Prayer _____.

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The First Choice

(Philippians 4:4-5) Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near.

1. Prayer replaces worry.

(Philippians 4:6a) Do not be anxious about anything, but in every situation, by prayer...

(Philippians 4:6 MSG) Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns.

(Matthew 6:34) "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

2. Prayer relinquishes control.

(Philippians 4:6b-7) ...by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

(Romans 15:13) May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.

3. Prayer regulates thinking.

(Philippians 4:8) Finally, brothers, 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.

(Colossians 3:2 NLT) Think about the things of heaven, not the things of earth.

4. Prayer reveals contentment.

(Philippians 4:12) 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.

(Psalm 23:1 NLT) The LORD is my shepherd; I have all that I need.

5. Prayer relies on God.

(Philippians 4:13) I can do everything through Him who gives me strength.

(Philippians 4:19) And my God will meet all your needs according to His glorious riches in Christ Jesus.

(Proverbs 16:20b NLT) Those who trust the LORD will be joyful.

Prayer doesn't move God toward us.

Prayer moves us toward God.