

The Gospel According to Luke- Part 5

TITLE: DON'T WORRY

PART 2

Be Anxious About Nothing

READ PHILIPPIANS 4:4-7

INTRODUCTION

The theme of the book of Philippians is joy. This is not news to most people and we can certainly see how Paul was encouraging us to be joyful in all situations throughout the book. What might be news to some is that Paul was writing this letter to the Philippians while sitting in a prison cell. These cells during that time were not as nice as we have today. Most of the time they were made out of earth and rock, often makeshift caves. There was little concern about a prisoner's health or wellbeing and the guards were not worried about infection or comfort. When we read this passage with that understanding, it is truly amazing that Paul had such a joy that he could share with others.

If anyone could say that he didn't feel like rejoicing at this time, it was Paul. But instead, he encouraged the church to be joyful and to rejoice in the Lord always. We do not only rejoice in the Lord when things are going our way or when He is doing exactly what we want Him to do. We rejoice in the Lord when our lives are falling apart and when it seems like there is no hope. We do that because He is still good no matter our situation or circumstance. We are to not be anxious about anything. In Luke 12:22-23, Jesus tells us to not worry about anything. God takes care of all the creatures on this earth and He takes care of us as well.

Our hope is only found in Christ and when we take our eyes off of Him we begin to worry and strive for peace in our lives. It is interesting that when we take matters into our own hands we tend to see our lives go sideways fairly quickly and yet, when we allow God to be our joy and strength, somehow we have a "peace that surpasses all understanding". Paul encourages us to rely on Christ to be the source of our joy regardless of our situation and we have to learn how to rely on His strength to carry us to that peace. Otherwise, we will spend our whole life searching for joy where it cannot be found in a lifetime of frustration and lack of joy.

THE GOSPEL ACCORDING TO LUKE

DISCUSSION QUESTIONS

1. What do you think it would've been like to be in a prison back then? How could Paul write such encouragement while in such a terrible place?
2. What does it mean to have joy? Is joy something that we can create or, does it have to be sourced from somewhere else? Why or why not?
3. Do you think that it was hard for Paul to tell people to be joyful in all situations? Have there been times when you had reason to be anything but?
4. What does it look like to rejoice in the Lord always? Is it fake? How do we know what is fake and what is real? How can we encourage one another in experiencing the joy of the Lord?
5. What do you think it means to have peace that surpasses all understanding? Do you have that peace? How can we get that peace?

WRAP UP

Peace is something that is so sought after and yet, so illusive. Most of the time we miss out on peace because we look for it in the wrong place. We rely on others to be our peace or locations to create peace in our hearts. This is not the right path. Those things can provide moments of calm or relaxation but true peace is only found in the joy of the Lord that only He can provide.