

**Date:** December 7, 2025

**Series:** Philippians: Triumphant, Tenacious, Battle-Tested Joy

**Title:** I Can't Cope Anymore!

**Text:** Philippians 4:1-7



## **I. Living right produces love and joy. (v. 1)**

Paul points believers...

- to the past (Philippians 3:20-21; 1 Thessalonians 2:19)
- to the present (Philippians 1:27; 1 Corinthians 16:13)

## **II. Living right produces unity. (vv. 2-5)**

### **A. Disunity destroys**

Paul pleads for...

- Change in the believer's life
- Others to help

### **B. Unity preserves**

- Unity must be based on truth from God's Word

*The Bible may hurt you with the truth, but it will never comfort you with a lie.*

- Unity comes from understanding the other perspective

**James 1:19 – “Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger.”**

### **C. Unity produces joy!**

Philippians 1:4–5, 2:17–18, 3:1

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

*If our joy derives primarily from our circumstances, then when our circumstances change, we will be miserable. Our delight must be in the Lord himself. ~D.A. Carson*

**Two questions:**

- 1) When are you to rejoice in the Lord?
- 2) For how long are you to rejoice in the Lord?

**One Answer: The Bible answers with one word: ALWAYS!**

### **III. Peace Comes Through Prayer (vv. 6-7)**

**A. Command: Be anxious about nothing!**

- The believer is not to worry or fret about a single thing.

**B. Cure: Prayer & Peace**

- The cure for anxiety and worry is PRAYER!

**C. Challenge: Worry & anxiety are harmful and unproductive**

- Concern transposes to pursuing solutions for our problems. Freedom From Anxiety Worksheet

**Three questions:**

- 1) What answer to prayer have you been waiting on? (We must remember to enjoy God's peace as we wait for His answer.)
- 2) Think of something you are worried about right now. What should be put on MY LIST and what should be put on the LORD's LIST?
- 3) Think of something you are worried about right now. What should be put on MY LIST and what should be put on the LORD's LIST?