

**Philippians: Joy in the Journey**  
The Battle Within: The Path to Peace  
Philippians 4:4-9, p. 953

- I. CHOOSE TO REJOICE IN THE LORD (4)
  - A) Rejoicing in the Lord.
  - B) Always!
- II. CHOOSE GENTLENESS IN PAIN (5)
  - A) Show Gentleness.
  - B) To everyone.
  - C) Why? Because the Lord is near.
- III. CHOOSE TO TRUST GOD IN OUR CIRCUMSTANCES (6-7)
  - A) Do not be anxious.
  - B) Do Trust God (Prayer).
  - C) Do Ask God (Petition).
  - D) Do Thank God (Thanksgiving).
  - E) Why? Because God's peace will guard your mind and heart.
- IV. MAKE A CHOICE (8-9)
  - A) Redirect your thoughts on to true and good things.
  - B) Put into practice what you know to be right.
  - C) And God's peace will be with you.