

# JOY IN THE JOURNEY

## LIVING RIGHT IN A WRONG WORLD

**“These things I have spoken to you, so that in Me you may have peace.  
In the world you have tribulation, but take courage;  
I have overcome the world.”**

— John 16:33 —

### LESSON SEVEN

## **GRATITUDE, PEACE, AND HONOR**

### **Finding Joy in the Anxiety-free Zone**

#### DISCUSSION QUESTION

**“What keeps you up at night?”**

#### INTRODUCTION

- Matthew 11:29-30 – “My yoke is easy...”
- 1 Peter 5:7 – “Casting all your cares...”
- Psalm 55:22 – “Cast your burden on the Lord...”
- Matthew 6:25 – “Do not be worried about your life...”
- Job 1:20-22 – “The Lord gave and the Lord has taken away...”

#### LESSON

#### **Gratitude, Peace, and Honor: Finding Joy in the Anxiety-free Zone**

“Be anxious for nothing.” (Philippians 4:6)

1. Anxiety accomplishes nothing good, so be anxious for nothing.
2. Everything belongs to God, so tell God everything.
3. Requests for help are directed to God, so ask Him through prayer, pleading, and praise.
4. The peace of God is real, but unfathomable, so simply let it surround you with protection.
5. The God of peace desires to be near to us, so think and act honorably.

**What will it take for you to give up control of your circumstances  
so God can bless you with peace?**

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### Philippians 4:1-9

1 Therefore, my beloved brethren whom I long to see, my joy and crown, in this way **stand firm** in the Lord, my beloved.

2 I urge Euodia and I urge Syntyche to **live in harmony** in the Lord.

3 Indeed, true companion, I ask you also to help these women who have **shared my struggle** in the cause of **the gospel**, together with Clement also and the rest of my fellow workers, whose names are in the book of life.

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

5 Let your **gentle spirit** be known to all men. **The Lord is near.**

6 **Be anxious for nothing**, 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 **comprehension**, will **guard** your **hearts** and your **minds** in Christ Jesus.

8 Finally, brethren, whatever is **true**, whatever is **honorable**, whatever is **right**, whatever is **pure**, whatever is **lovely**, whatever is of **good repute**, if there is any **excellence** and if anything **worthy** of praise,  **dwell on these things**.

9 The things you have learned and received and heard and seen in me, **practice these things**, and the **God of peace** will be with you.