

# *Family Worship*

## *The Secret for Joy*

*20·6·2021*

# *Opening Prayer*

Our Heavenly Father, thank you for our family.

And thank you for the privilege of coming together for worship.

Help us to understand Your Word and obey it with a joyful heart.

In Jesus name, we pray. Amen.

# *Give Thanks*

<https://www.youtube.com/watch?v=5waffTnMH6g>



# *Catechism Time!*

Bible truths for teaching children

# Question 48

**Q:** What is the church?

**A:** A community elected (chosen) for eternal life and united by faith, who love, follow, learn from, and worship God together.

## What it means...

The church is not a building. It is people chosen by God to be with him forever. They are united by faith and love, and worship God together.

## Bible verses (Ephesians 4:4-6)

*(The church is the body of Christ. There are many "one" because God wants his people to be united.)*

There is **one** body and **one** Spirit, just as you were called to **one** hope when you were called; **one** Lord, **one** faith, **one** baptism; **one** God and Father of all, who is over all and through all and in all.

# Which of the following people can be happy?

1. A mother who is about to give birth to a baby
2. A Christian thrown into prison for his faith
3. A worker getting promotion in his workplace
4. A student who receives good test grades
5. A girl who broke her neck in an accident

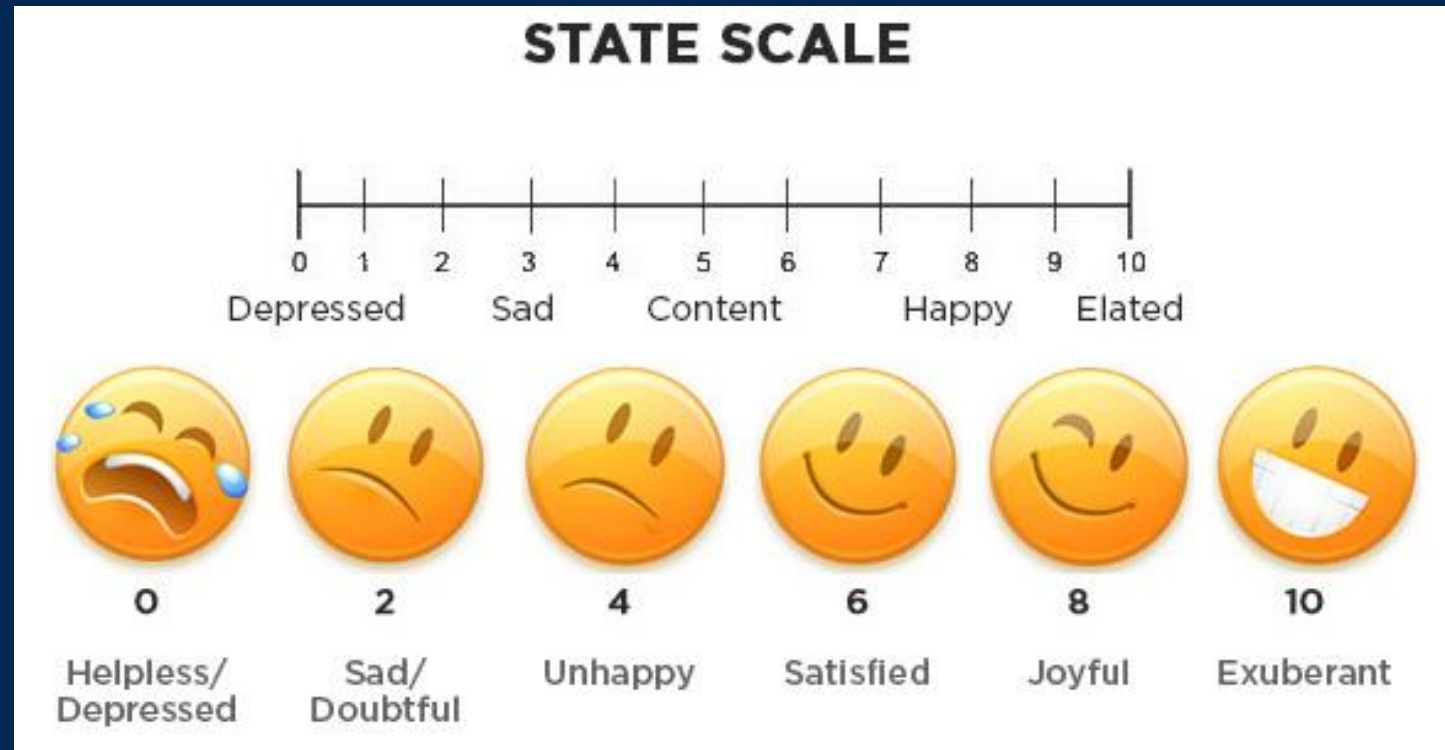
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We will learn about 2 people who should not be happy at all.

But strangely, they are...

# Where are you on the happy scale?





Let's Open Up the Bible

Philippians 4:4-13

# PAUL'S LETTER TO THE PHILIPPIANS



- Paul wrote the letter to the Philippians. Paul wrote it when he was in a Roman prison, suffering for his faith in Jesus.
- But prison is no picnic → A Roman prison is anything but nice ☹️☹️
- You would think that Paul would not be a happy camper.
- But the word "joy" (and its variants) appear 15 times in the letter!
- What is Paul's secret of remaining joyful despite his poor circumstances? Let's find out...

# Philippians 4:4-13

<sup>4</sup> **Rejoice** in the Lord always. I will say it again: **rejoice!** <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

<sup>8</sup> Finally, brothers and sisters, 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. <sup>9</sup> Whatever you have learned or received or heard from me or seen in me - put it into practice. And the God of peace will be with you.

<sup>10</sup> I **rejoiced** greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. <sup>11</sup> I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup> 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. <sup>13</sup> I can do all this through him who gives me strength.

# Paul shows us 3 secrets for joy

(Don't try to read the words...they are too small)

<sup>4</sup> Rejoice in the Lord always. I will say it again: rejoice!<sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

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 1<sup>st</sup> Secret (v.4-7)

 2<sup>nd</sup> Secret (v.8-9)

 3<sup>rd</sup> Secret (v.10-13)



Let's unpack God's Word...

1<sup>st</sup> Secret for Joy  
(v.4-7)

# 1<sup>st</sup> Secret for Joy

<sup>4</sup> **Rejoice** in the Lord always. I will say it again: **rejoice!** <sup>5</sup> Let your gentleness be evident to all. The Lord is near. <sup>6</sup> Do not be anxious about anything, but in every situation, by **prayer and petition, with thanksgiving**, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

- ❑ Paul tells us to rejoice (be joyful). To be joyful, we must **PRAY AND GIVE THANKS** (Read v.6 aloud).
- ❑ When we pray → we stop being anxious (worrying) because God knows what is best for us.
- ❑ When we give thanks → we won't forget the abundance God has already given us.

## Questions

1. Paul was in prison. What could he give thanks for?
2. Why is prayer and giving thanks to God the secret for joy?  
Hint A: What happens to your worries when you truly pray?  
Hint B: When you give thanks, do you still focus on the things you lack ☹ or what you have received from God already 😊?

2<sup>nd</sup> Secret for Joy  
(v.8-9)



## 2<sup>nd</sup> Secret for Joy

<sup>8</sup> Finally, brothers and sisters, 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. <sup>9</sup> Whatever you have learned or received or heard from me or seen in me - put it into practice. And the God of peace will be with you.

- ❑ Nowadays our minds are filled with the wrong thoughts or expectations. So we have nightmares and anxieties.
- ❑ Paul wants us to think about things that are pure, lovely, worthy of praise etc. → all about **God's goodness**
- ❑ Think about the flowers by the river or birds perching on a tree that you saw. They are the creative works of a good God. Think of Jesus' love for you; your sins are forgiven. Thank God for all these.
- ❑ What other thoughts would make you happy?



3<sup>rd</sup> Secret for Joy  
(v.10-13)

# 3<sup>rd</sup> Secret for Joy

11<sup>b</sup> I have learned to **be content (satisfied)** whatever the circumstances.

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.

13 **I can do everything through him who gives me strength.**

## Questions

- The word "content" appears twice. What does "content" have to do with joy?
- What do these verses say about the secret of Paul's joy? Why? (Hint: think about v.13)

You can have real joy too if you follow Paul's example and memorise this → **"I can do everything through him who gives me strength."**

## Background

The Philippian church supported Paul with money so he could tell others about Jesus.

Paul is grateful, but he does not need anything. He is content when he is well fed or hungry.

## 3 secrets for JOY when life feels rotten

1. Pray and give thanks to God → stop worrying!
2. Always think about God's goodness 😊
3. Being content and trusting God fully in everything

# Joy vs. Happiness

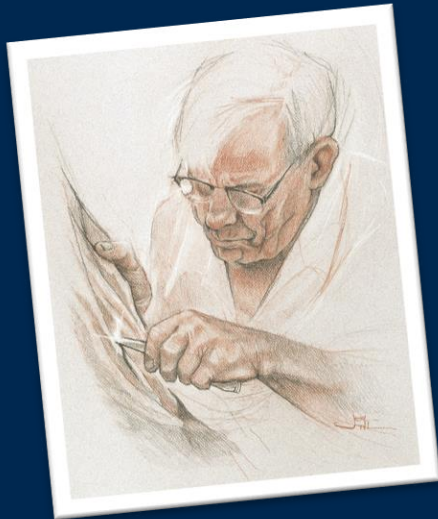
1. **Happiness** is an outward expression of a feeling. You can be happy if someone gives you a present on your birthday.
2. **Joy** is an inner feeling. It is deep in our hearts, not just on the surface. It does not depend on our situation. That's why Paul could be full of joy in prison.

We will now meet someone who has been paralysed for over 50 years after a tragic accident. She is still full of joy.

# Let's meet Joni Eareckson Tada

## Singer, Painter, Author, Speaker, Activist

- ❑ At 17, she broke her neck in a diving accident
- ❑ She became a quadriplegic (paralyzed from the shoulders down)
- ❑ How can Joni have joy?



# Joni Eareckson Tada

<https://www.youtube.com/watch?v=OyZYhqrM1Gc>



# *Family Prayer Time*

1. Thank God for His Word and help so we may learn from Him.
2. Ask your children to pray for what they have learned just now.
3. Ask your family how you can pray for them specifically.



# *Joy in My Heart*

<https://www.youtube.com/watch?v=GTW5WCY37zU>

