



**(James 1:2-3)** My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. When we become a Christian, we're not guaranteed to have a carefree life, but just the opposite. God loves us and wants what is best for us so He puts us through different types of "trials" in order to make us more like His Perfect Son Jesus. God has different trials for every person and for every weakness and dispenses them to us as He sees fit (**Philippians 1:6**). These trials come in the form of circumstances, people, things, and situations causing fear and anxiety. It's God's desire that we don't allow these things to steal our joy. Paul wrote the book of Philippians through the direction of the Holy Spirit to give us tools to combat the things that try to steal our joy. If we can follow these commands from God, we will always be able to remain joyful no matter how bad things seem on the surface.

### Circumstances

**[Philippians 1:3-7]** I thank my God upon every remembrance of you, always in every prayer of mine making request for you all with joy, for your fellowship in the gospel from the first day until now, **being confident of this very thing, that He who has begun a good work in you will complete it** until the day of Jesus Christ; just as it is right for me to think this of you all, because I have you in my heart, inasmuch as both in my chains and in the defense and confirmation of the gospel, you all are partakers with me of grace.

**[Philippians 2:14-16]** **Do all things without complaining and disputing**, that you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation, among whom you shine as lights in the world, holding fast the word of life, so that I may rejoice in the day of Christ that I have not run in vain or labored in vain.

### Other People

**[Philippians 2:3-4]** Let nothing be done through selfish ambition or conceit, but in lowliness of mind **let each esteem others better than himself**. Let each of you look out not only for his own interests, but also for the interests of others.

### Things (Possessions)

**[Philippians 3:7-11]** But **what things were gain to me, these I have counted loss for Christ**. Yet indeed I also count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish, that I may gain Christ and be found in Him, not having my own righteousness, which is from the law, but that which is through faith in Christ, the righteousness which is from God by faith; that I may know Him and the power of His resurrection, and the fellowship of His sufferings, being conformed to His death, if, by any means, I may attain to the resurrection from the dead.

**[Philippians 3:17-21]** Brethren, join in following my example, and note those who so walk, as you have us for a pattern. For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ: whose end is destruction, whose god is their belly, and whose glory is in their shame--who set their mind on earthly things. For **our citizenship is in heaven**, from which we also eagerly wait for the Savior, the Lord Jesus Christ, who will transform our lowly body that it may be conformed to His glorious body, according to the working by which He is able even to subdue all things to Himself.

### Worry/Anxiety/Fear

**[Philippians 4:4-8]** **Rejoice in the Lord always**. Again, I will say, rejoice! Let your gentleness be known to all men. The Lord is at hand. **Be anxious for nothing**, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy--**meditate on these things**.

**[Philippians 4:10-13]** But I rejoiced in the Lord greatly that now at last your care for me has flourished again; though you surely did care, but you lacked opportunity. Not that I speak in regard to need, for I have learned in **whatever state I am, to be content**: I know how to be abased, and I know how to abound. Everywhere and in all things, I have learned both to be full and to be hungry, both to abound and to suffer need. **I can do all things through Christ who strengthens me**.