



Joy

THE BOOK OF
PHILIPPIANS

Joy: Living Inside Out

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“There was a time when the church was very powerful, in the time when the early Christians rejoiced at being deemed worthy to suffer for what they believed. In those days the church was not merely a **THERMOMETER**, a thermometer that recorded the ideas and principles of popular opinion; it was a **THERMOSTAT**, a thermostat that **TRANSFORMED** the mores of society.” - Dr. Martin Luther King Jr.

Are you a thermometer? Or are you a thermostat?

Are you living **OUTSIDE IN**? Or are you living **INSIDE OUT**?

Are you being **CONFORMED** to the world around you?

Or are you being **TRANSFORMED** by the Spirit of God within you?

Are you **REFLECTING** the attitudes and opinions of others?

Or are you **SHIFTING THE ATMOSPHERE** with faith, hope, love?

[Philippians 1:19](#)

My distress will turn out for my deliverance.

Two key catalysts when it comes to **DELIVERANCE**.

1. **PRAYERS** of God’s people.
2. **PROVISION** of God’s Spirit.

YOU are an answer to someone else's prayer.

DTS—[Discipleship Training School](#)—with YWAM—Youth With A Mission.

You can't make someone else's choices for them, but you can't let that keep you from praying bold prayers!

PRAYER...

...the difference between letting things happen and making things happen.

...the difference between you fighting for God and God fighting for you.

...the difference between the best you can do and the best God can do.

We have experienced too many miracles to not pray some bold prayers. God is activating faith in your life right now.

Is there a God-given DREAM you've given up on?

Is there a DIFFICULT SITUATION you've simply submitted to?

Is there a MIRACLE you've stopped believing, stopped praying for?

God honors bold prayers because bold prayers honor God.

He is still the God that makes the sun stand still. He is still the God who makes sidewalks through the sea. He is still the God who turns water into wine. He is still the God who moves mountains with mustard seeds of faith. How?

The same Spirit that raised Christ from the dead dwells in you. - [Romans 8:11](#)

If you want to CHANGE THE TEMPERATURE and SHIFT THE ATMOSPHERE, the internal pressure of the Holy Spirit has to be greater than the external pressure of popular opinion or trending hashtags or peer pressure or implicit bias or sexual temptation or cancel culture.

If the INTERNAL PRESSURE of the Holy Spirit is greater than the external pressures you face, you can not only survive a FIERY FURNACE, you can not only survive a LION'S DEN, but you can IMPACT the world around you with the light and love of God.

Two types of stress:

1. Eustress - normal, natural, and healthy
2. Distress - fight or flight

Paul is writing this letter from a prison cell. Paul makes a difficult decision. He **CHOOSES JOY** while chained to a Roman centurion. He doesn't just **CHOOSE JOY**... he sees his **ADVERSITY** as a unique **OPPORTUNITY** to share the gospel with the praetorians, the 9,000 soldiers who were entrusted with guarding the city of Rome.

“Explanatory style is the manner in which you habitually explain to yourself why events happen.” - [Dr. Martin Seligman](#)

Your **EXPLANATIONS** are more important than your **EXPERIENCES**

What is the difference between bitter and better? It's your **EXPLANATORY** style.

“My distress will lead to my deliverance” - Philippians 1:19

Tell me where you have been hurt and I will tell you where God wants to use you to help heal other people.

[Carl Jung](#) - came to a conclusion about seemingly insurmountable problems. He said that we don't **SOLVE THEM**. We **OUTGROW** them. How? We discover something more important than the problem. And when we do, the problem **LOSES ITS POWER** and goes away!

One of the best ways to solve your problems is by serving others!

WHATEVER HAPPENS, conduct yourselves in a manner worthy of the gospel of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you stand firm in one Spirit, striving together as one for the faith of the gospel. **Don't be intimidated in any way by your enemies.** - [Philippians 1:27-28](#)

Don't let fear dictate your decisions

Don't let popular opinion compromise your conviction.

Four Principles of Peacemaking:

1. Ask Anything.
2. Listen Well.
3. Disagree Freely.
4. Love Regardless.

It's much easier to **ACT** like a Christian than it is to **REACT** like one.

“Unity among dissimilar people serves the purpose of being indisputable proof that God is in the house.” - David Grizzle

When we love our enemies, when we pray for those who persecute us, when we bless those who curse us, it **PROVOKES QUESTIONS** for which the gospel is the answer! When we turn the

other cheek, when we go the extra mile, when we give the shirt off our back, it PROVOKES questions for which the gospel is the answer.

That's how we shift the atmosphere.

That's how we change the temperature.

---To dig deeper:

Sermon Discussion Guide: ncc.re/discuss

NCC Daily: national.cc/daily

---ANNOUNCEMENTS: Sign up for a Group: ncc.re/groups

Win The Day: Habit #7 "Seed the Clouds": <https://vimeo.com/503316805/8ac9c0f94f>

Upper Zoom (Tu, We, Th at 7:14am): ncc.re/upperzoom