

*Rejoice in the Lord always: and again, I say, Rejoice.
Let your moderation be known unto all men. The Lord is at hand.
Be careful for nothing; but in every thing by prayer and supplication with thanksgiving
let your requests be made known unto God. And the peace of God, which passeth all
understanding, shall keep your hearts and minds through Christ Jesus. **Philippians 4:4-7***

Paul's letter to the Philippians (four short chapters) is jam packed with joy and lots of encouragement to follow the example of their Redeemer.

The verses 4-7 of chapter 4 are loaded with exhortations. Exhortations that when followed will lead us to live a Christ like life: rejoice, be gentle, do not be anxious, and to know that God's love and care are beyond our human comprehension.

Things to ponder:

What do you do to relieve stress from worry in our lives?

What does Paul say to do?

How does what you think about affect how you feel?

How does it affect your relationship with God?

Dear Heavenly Father,

We thank you for your words and advice that you have shared with us through Paul's letter to the Philippians. They are simple words with great meaning and purpose yet not always easy for us imperfect people to adhere to. Give us the strength to try our best.

In Jesus's name, Amen.

Submitted by Scott Johnson