



## **Choose Joy**

Philippians 4:4-9

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### **Philippians 4:4-9**

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

How can I rejoice, always...and again rejoice?



“Joy is a state of mind and an orientation of the heart. It is a settled state of contentment, confidence and hope.”

“And yet I think as you grow...you’ll discover that joy is at the heart of being a Christian. I hope you’ll find it to be true that to be a person of virtue is to learn to rejoice in what we have been given. And to learn to rejoice in this is called ‘worship.’”

- Stanley Hauerwas, *The Character of Virtue: Letters to a Godson*

Think about & let the Holy Spirit remind you of what things you are able to rejoice in.

## Greco-Roman View on Virtues

“A disposition to behave in the right manner and as a mean between extremes of deficiency and excess, which are vices. We learn moral virtue primarily through habit and practice rather than through reasoning and instruction. Virtue is a matter of having the appropriate attitude toward pain and pleasure.”

- Aristotle

- True
- Noble
- Right
- Pure
- Lovely
- Admirable
- Excellent
- Praiseworthy

“We learn virtues primarily through habit and practice.”

- Aristotle

“Oddly, we usually don’t become virtuous by trying to be virtuous. The virtues ride on the back of forms of life we discover along the way. So you won’t become kind because

your mom or dad tells you to be ‘nice’ to your newborn sister. It’s not a bad thing for you to learn to be nice to her, but I suspect you’ll find that kindness has already found its way into your life in the simple joy you receive from the pleasure Connie [the family dog] displays when you pet her. The virtues are, so to speak, pulled out of us by our loves. That’s why it’s natural for us to be kind—because we were created to be so.”

- Stanley Hauerwas, *The Character of Virtue: Letters to a Godson*

“Research participants who had the ability to lean fully into joy only shared one variable in common...Gratitude.”

- Brené Brown, *The Call to Courage*

### **Philippians 4:6-7**

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

“Stoßgebete”

- which literally translates to “push prayers”

### **Philippians 4:7**

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

“Joy abides with God, and it comes down from God and embraces spirit, soul, and body; and where this joy has seized a person, there it spreads, there it carries one away, there it bursts open closed doors.”

- Dietrich Bonhoeffer