



# **ALWAYS CHOOSE JOY**

A Journey through Philippians




<sup>16</sup> Always be joyful.


**1 THESSALONIANS 5:16 NLT**

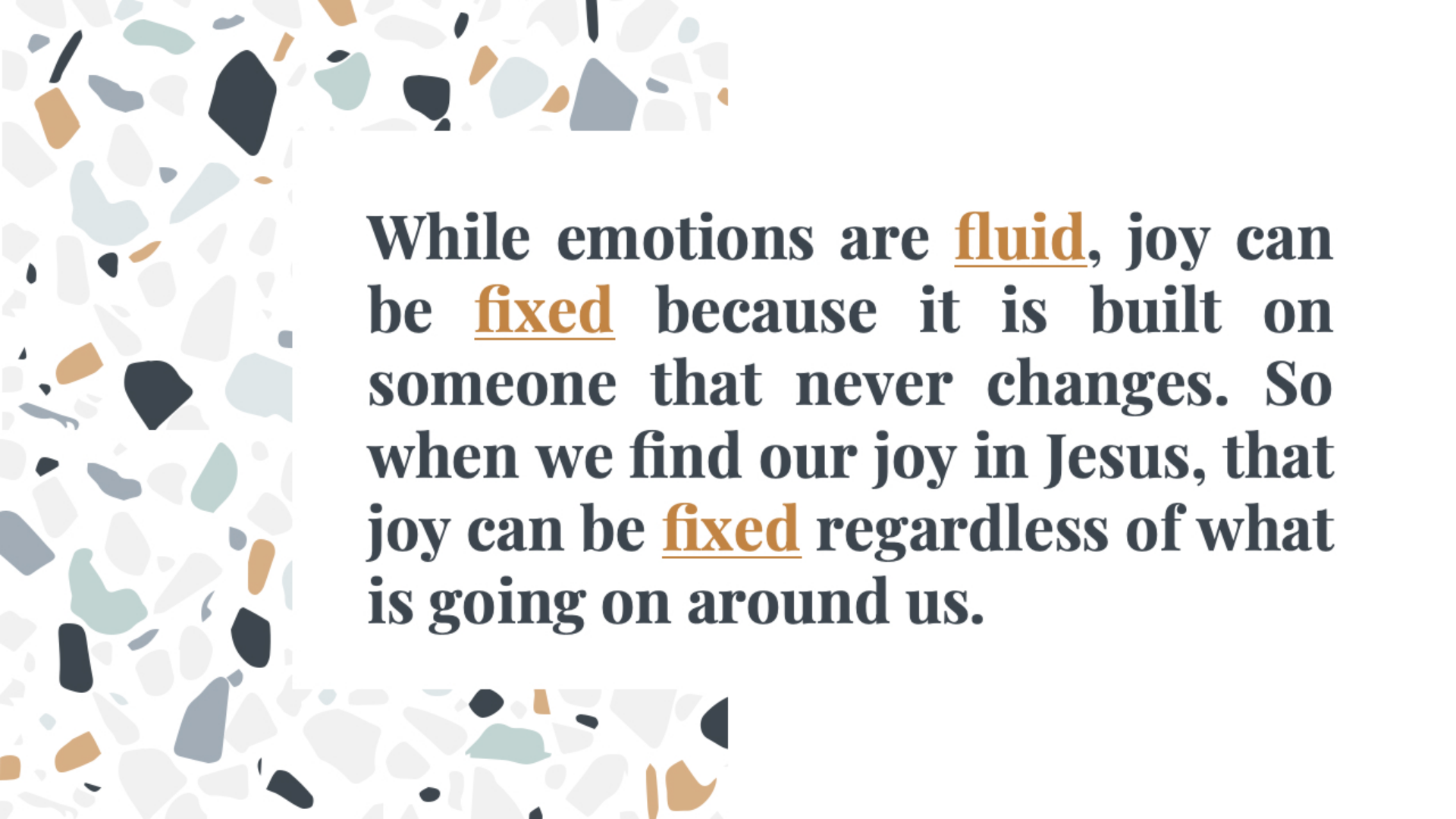
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**The feeling of joy is an emotion,  
but the foundation of joy starts  
with a choice.**



Joy is not only possible, it's available. It is available because it is not found in a situation, experience, or some random expression, it is found in a person. You can choose joy by choosing Jesus.





While emotions are fluid, joy can be fixed because it is built on someone that never changes. So when we find our joy in Jesus, that joy can be fixed regardless of what is going on around us.



# **A quick intro to the book of Philippians**



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Author and situation when the  
letter was written



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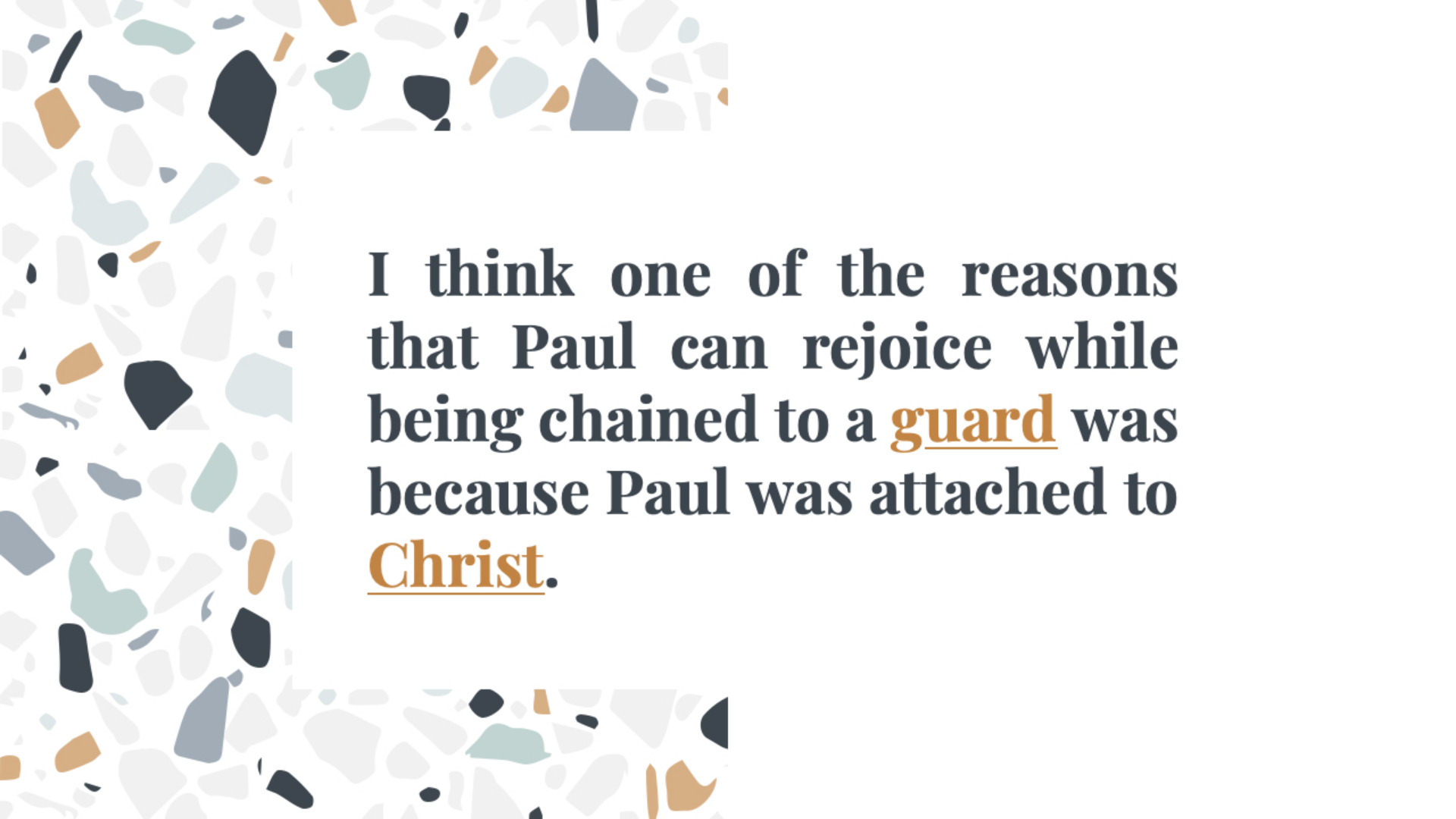
Place and recipients of this letter






# A quick intro to the book of Philippians

Major themes



I think one of the reasons that Paul can rejoice while being chained to a guard was because Paul was attached to Christ.




<sup>1</sup>Paul and Timothy, servants of  
Christ Jesus,

To all God's holy people in Christ  
Jesus at Philippi, together with the  
overseers and deacons:

<sup>2</sup>Grace and peace to you from God  
our Father and the Lord Jesus  
Christ.

**PHILIPPIANS 1:1-11 NIV**






<sup>3</sup> I thank my God every time I remember you. <sup>4</sup> In all my prayers for all of you, I always pray with joy <sup>5</sup> because of your partnership in the gospel from the first day until now, <sup>6</sup> being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

**PHILIPPIANS 1:1-11 NIV**






<sup>7</sup> It is right for me to feel this way about all of you, since I have you in my heart and, whether I am in chains or defending and confirming the gospel, all of you share in God's grace with me. <sup>8</sup> God can testify how I long for all of you with the affection of Christ Jesus.

**PHILIPPIANS 1:1-11 NIV**





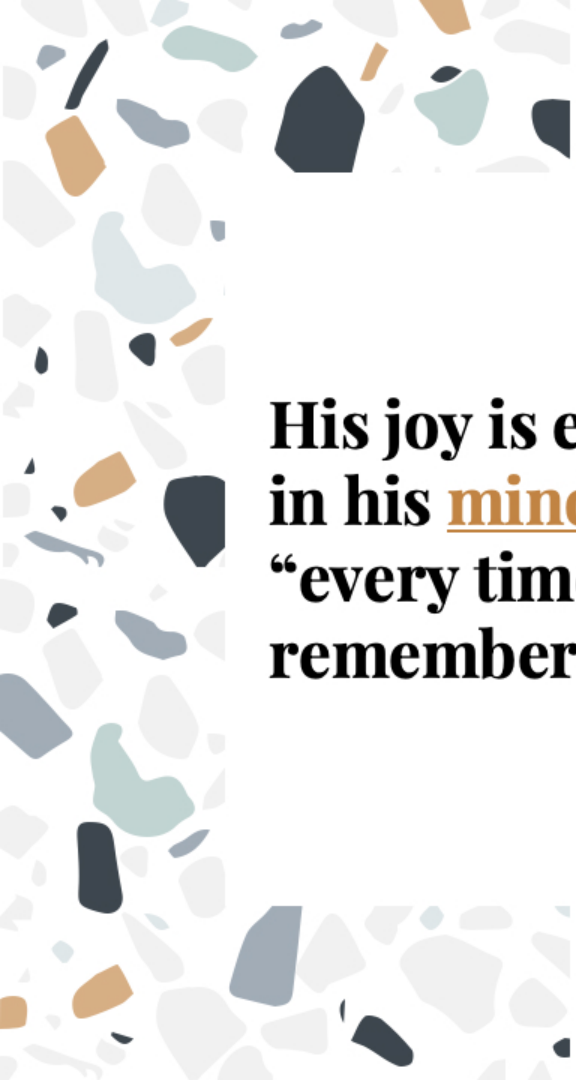
<sup>9</sup>And this is my prayer: that your love may abound more and more in knowledge and depth of insight,  
<sup>10</sup>so that you may be able to discern what is best and may be pure and blameless for the day of Christ,  
<sup>11</sup>filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

**PHILIPPIANS 1:1-11 NIV**



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**Paul talks about three  
expressions of Joy.**



**His joy is expressed  
in his mind –  
“every time I  
remember you.”**

<sup>3</sup>I thank my God every time I remember you. <sup>4</sup>In all my prayers for all of you, I always pray with joy <sup>5</sup>because of your partnership in the gospel from the first day until now, <sup>6</sup>being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

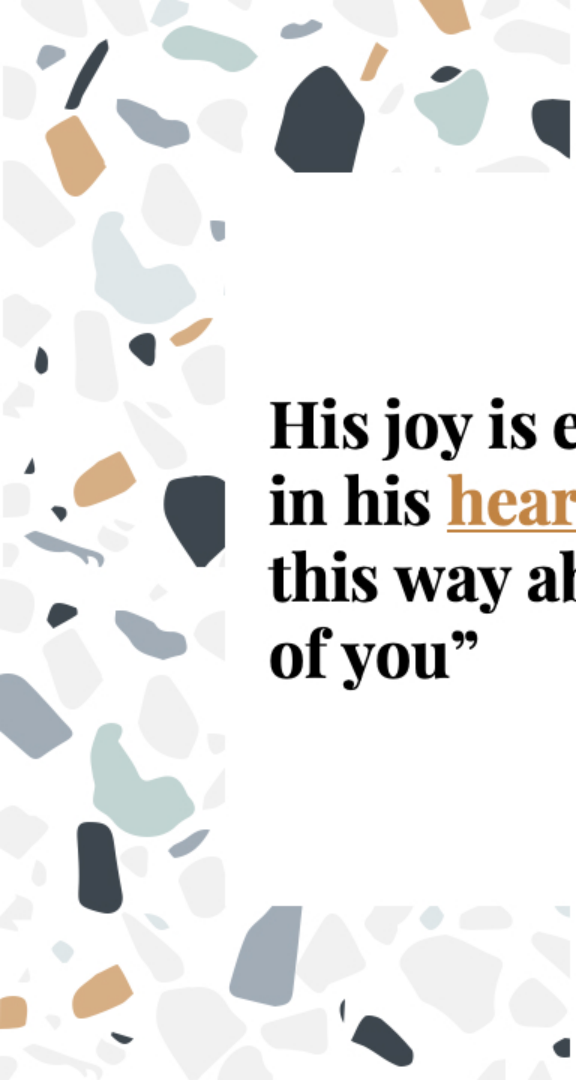
**PHILIPPIANS 1:3-6 NIV**





**The source of joy for Paul was what God was doing in their lives and their partnership in spreading the Gospel.**







**His joy is expressed  
in his heart – “feel  
this way about all  
of you”**

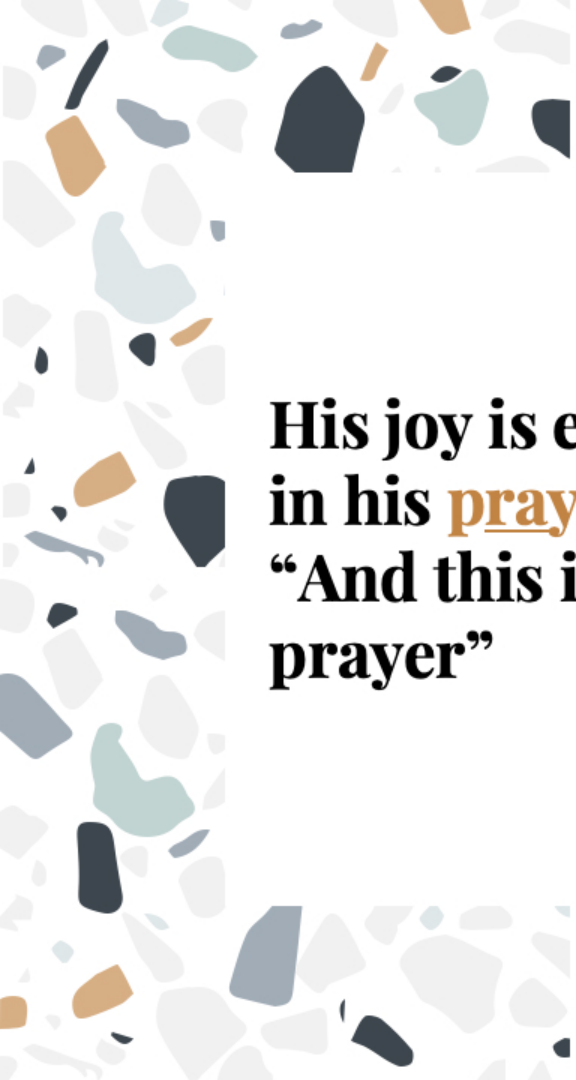
<sup>7</sup>It is right for me to feel this way about all of you, since I have you in my heart and, whether I am in chains or defending and confirming the gospel, all of you share in God’s grace with me. <sup>8</sup>God can testify how I long for all of you with the affection of Christ Jesus.

**PHILIPPIANS 1:7-8 NIV**



**The source of joy for Paul was not based on where Paul was writing the letter from but to whom he is writing the letter to.**





**His joy is expressed  
in his prayers –  
“And this is my  
prayer”**


<sup>9</sup> And this is my prayer: that your love may abound more and more in knowledge and depth of insight, <sup>10</sup>so that you may be able to discern what is best and may be pure and blameless for the day of Christ, <sup>11</sup>filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

**PHILIPPIANS 1:9-11 NIV**



**The source of joy for Paul was  
praying for their continued  
maturity and growth.**



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**How these  
expressions of  
joy can help us  
to choose Jesus  
and joy today.**



We can experience joy when we remember what Jesus has done for us.

**How these  
expressions of  
joy can help us  
to choose Jesus  
and joy today.**



We can experience joy when we **remember** what Jesus has **done** for us.



We can experience joy when we are willing to give Jesus **all** of **us**.

**How these  
expressions of  
joy can help us  
to choose Jesus  
and joy today.**





We can experience joy when we **remember** what Jesus has **done** for us.



We can experience joy when we are willing to give Jesus **all** of **us**.



We can experience joy when we **mature** and grow **closer** to Jesus.

**How these  
expressions of  
joy can help us  
to choose Jesus  
and joy today.**