



SERIES: Spiritual Fitness: Christian Living

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Wednesday April 21, 2021

Scripture: [Philippians 4:4-7](#)

TITLE: How To Experience Joy

If you're happy and you know it...what? I bet you were taught the song, "If you're happy and you know it clap your hands." Right? Well, a number of years ago, I was told, "If you're happy and you know it, tell your face! That's the message a lot of Christians need to hear today. Why? Because a lot of Christians don't seem very joyful. They seem underwhelmed and unhappy.

At church, we may sing the song, "The joy of the Lord is our strength." But our bodies, our faces, and our lives sing, "The joy of the Lord is missing."

You see, as Christians, we are called to live as salt and light in the world. We are to demonstrate the difference Christ makes both in how we speak and how we live. And one of the biggest differences Christ makes is the joy we can have in all circumstances.

Listen to Paul's encouragement for us today from Philippians 4:

["Always be full of joy in the Lord. I say it again—rejoice! ⁵ Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.](#)

[⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." \(Philippians 4:4-7\)](#)

"Always be full of joy! Rejoice", Paul says. Well, what does Paul know about suffering or trials or hardship? I mean, don't you hate it when the privileged tells us how to endure hardship? Well, friend, though Paul may have come from an impressive background, he traded it for some real pain. In 2 Corinthians 11, Paul tells us he was imprisoned, whipped, nearly murdered numerous times, flogged, beaten with rods, stoned, and shipwrecked. And he would continue. Paul knew hardship. But yet, he said, "Rejoice—all the time".

But how? He tells us how to experience this joy and peace in verses 6-7. He simply says, "Don't worry. Pray. Tell God what you need. Thank Him for His faithfulness. And guess what? You'll get peace. You can be joyful and show it."

Worry about nothing. Pray about everything. That's the way to experience peace and joy every day. When we remember our trials are but blips on the radar, when eternity is Paradise forever, it puts things into perspective.

So here's my challenge for you today – Pray; Rejoice; Ask; Show:

Pray about everything. Don't worry about it. Yes, admit your fear and concern, but tell God about it and then let it go.

Rejoice. God has been faithful. Tell Him so. Recount His blessings and grace.

Ask. Tell God what it is you need and want for the moment. He cares. He can provide.

Then **show.** As I said at the beginning, Christians are to be joyful, but we're not the best at showing it. So allow that peace to overtake you, so the joy of the Lord will shine through you.

God is the securer of our future and the provider for each moment. So I say, "Rejoice".