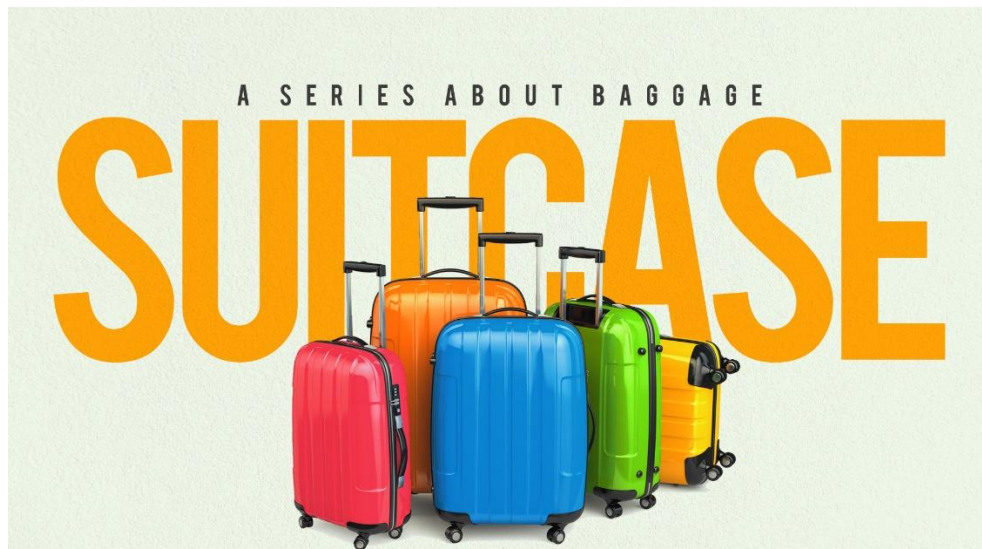


Discovery Service Order and Message Outline



WELCOME TO COWPLAIN CHURCH Pastor Phill
SINGING TOGETHER The greatest day in history
Hope is here

PRAYER
SINGING TOGETHER In my wrestling and in my doubt
UPDATES Assistant Pastor Sam
SINGING TOGETHER Jesus you're the hope I cling to
BIBLE READING Philippians 4:1-9 (Church Bible page 1232)
MESSAGE Taught by Pastor Phill
SINGING TOGETHER The Joy



Suitcase~3

How to find joy even when I'm stressed Philippians 4:1-9

'Come to me, all you who are weary and burdened, and I will give you rest.' Matthew 11:28 NIV

THE IMPACT OF STRESS ON OUR LIVES.

1. Stress can lead to _____.

'Don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.'
Mathew 6:34 NLT

2. Stress can lead to _____.

'Come, Lord, and show me your mercy, for I feel helpless, overwhelmed, and in deep distress.' Psalm 25:16 LB

3. Stress can lead to _____.

'We cannot rebuild this wall.' Nehemiah 4:10 NIV

'Always be full of joy in the Lord. I say it again—rejoice!'
Philippians 4:4 NLT

'When the Holy Spirit controls our lives, He will produce this kind of fruit in us: love, joy.' Galatians 5:22 NLT

HOW TO BE A JOYFUL PERSON:

1. Joyful people live in the presence of the _____ God.

'There is a time for everything... a time to weep and a time to laugh, a time to mourn and a time to dance.'
Ecclesiastes 3:1, 4 NIV

'The Lord your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing.' Zephaniah 3:17 NIV

'I have told you this so that you will be filled with my joy. Yes, your joy will overflow.' John 15:11 NLT

2. Joyful people know they are _____ by God.

'I have loved you, even as the Father has loved me. Remain in my love. You will be filled with my joy. Yes, your joy will overflow.' John 15:9, 11 NLT

'The Ethiopian went on his way rejoicing.' Acts 8:39 NIV

'Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross.'
Hebrews 12:2 NIV

3. Joyful people are _____ people.

'I command you to love each other in the same way that I love you.' John 15:12 NLT

4. Joyful people are _____ in the Lord.

'I know the Lord is always with me. I will not be shaken for He is right beside me. No wonder my heart is filled with joy and my mouth shouts His praises!' Psalm 16:8-9 NLT

'Don't be dejected and sad, for the joy of the LORD is your strength!' Nehemiah 8:10 NLT

'No one will take away your joy.' John 16:22 NIV

'So be truly glad! There is wonderful joy ahead, even though it is necessary for you to endure many trials for a while. These trials are only to test your faith, to show that it is strong and pure... Though you do not see him, you trust him; and even now you are happy with a glorious, inexpressible joy.'

1 Peter 1:6-8 NLT



SMALL GROUP SERMON DISCUSSION

There are no talk it over discussion questions as all our Life Groups are on a break over the summer.



Watch and listen to the message again, or an archived message by going to www.youtube.com/cowplainchurch.