

Hard Times: Relationships

Philippians 4:4-9

August 23, 2026

“Do all things without grumbling or disputing, ¹⁵ that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world,” – Philippians 2:14-15

“And it is my prayer that your love may abound more and more, with knowledge and all discernment, ¹⁰ so that you may approve what is excellent, and so be pure and blameless for the day of Christ,” – Philippians 1:9-10

1. Control Your Emotions (vs. 4-5)

“Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness be known to everyone. The Lord is at hand;”

“I will greatly rejoice in the Lord; my soul shall exult in my God, for he has clothed me with the garments of salvation; he has covered me with the robe of righteousness, as a bridegroom decks himself like a priest with a beautiful headdress, and as a bride adorns herself with her jewels.” – Isaiah 61:10

*“Though the fig tree should not blossom, nor fruit be on the vines, the produce of the olive fail and the fields yield no food, the flock be cut off from the fold and there be no herd in the stalls, ¹⁸ yet I will rejoice in the Lord; I will take joy in the God of my salvation.”
– Habakkuk 3:17-18*

2. Turn Your Thoughts Toward God (vs. 6-7)

“do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

*“A friend loves at all times, and a brother is born for adversity.”
– Proverbs 17:17*

“Therefore, encourage one another and build one another up, just as you are doing.” – 1 Thessalonians 5:11

3. Practice Biblical Behavior (vs. 8-9)

“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹ What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.”

- Husbands and wives, practice this... Genesis 2:24
- Students/Children, practice this... Ephesians 6:1-3
- All of us, practice this... Ephesians 4:2-3