The image is a vertical composition where the top half shows a reflection of a garden scene in water. The reflection includes green grass, purple flowers, yellow flowers, and red flowers. The bottom half shows a clear blue sky with soft, white clouds. The text is overlaid on the sky portion.

**UPSIDE
DOWN**
JOY

**The Bible, all of it, is livable...
it is the text for living our lives. It
reveals a God-created,
God-ordered, God-blessed world in
which we find ourselves at home
and whole.**

Eugene Peterson, *Eat This Book*

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.

2 Timothy 3:16&17

Metabolized

Applied Upside Down Joy

Integrated



Personal Circumstances
Philippians 1:12-23

Opposition
Philippians 1:28

Lowly Bodies
Philippians 3:21

Internal Conflict
Philippians 4:2&3

False Teachers
Philippians 1:15-18 & 3:1



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.

Keep your joy conditional and fragile, anchoring your hope in circumstances, letting your joy rise and fall with what you see.

Let your opinions be known by all. Be defensive, speak quickly & sharply, and let others feel your frustration.

Live as God is distant and distancing Himself, living independent and carrying your burdens on your own.

Be anxious about everything. Obsess over what might happen, rehearse worst-case scenarios, and let worry consume your thoughts day and night.

In everything, turn to A.I., social media, or self reliance. Instead of bringing your requests to God, rely solely on your own understanding. Complain often, but give thanks rarely.

The result will be this: your heart and mind will remain unguarded—vulnerable to fear, bitterness, confusion, and despair...

Whatever is false, dwell in it and listen to podcasts about it...

Whatever is dishonorable, entertain it and whisper about it...

Whatever is unjust, justify it or ignore it...

Whatever is impure, indulge in it, or at least linger and be slow to scroll...

Whatever is ugly, focus on it...ruminating on it..

Whatever is unworthy of praise, speak of it often

Let your mind be shaped by these things.

Whatever you have learned, received, or heard—ignore it & do not put truth into practice because it's too intense & too hard. There is an easier way to deal with it.

7 instructions & 2 promises

**Rejoice in the Lord always.
I will say it again: Rejoice!**

Philippians 4:4

The command to rejoice is **not** about pretending things aren't bad, but about celebrating that **God is good**, even when life is not.

N.T. Wright

JOY IN ACTION



NOT in _____

even when...?

Rejoice in the Lord always. I will say it again: Rejoice!

WHAT

WHERE

WHEN

Philippians 4:4

... How?

Let your gentleness be evident to
all. The Lord is near

Philippians 4:5

gentleness

**Do not be anxious about anything,
but in every situation, by prayer
and petition, with thanksgiving,
present your requests to God.**

Philippians 4:6

Anxious- μεριμνάω (*mer-im-nah'-o*)

1) To be anxious, troubled with cares.

2) To care for, look out for

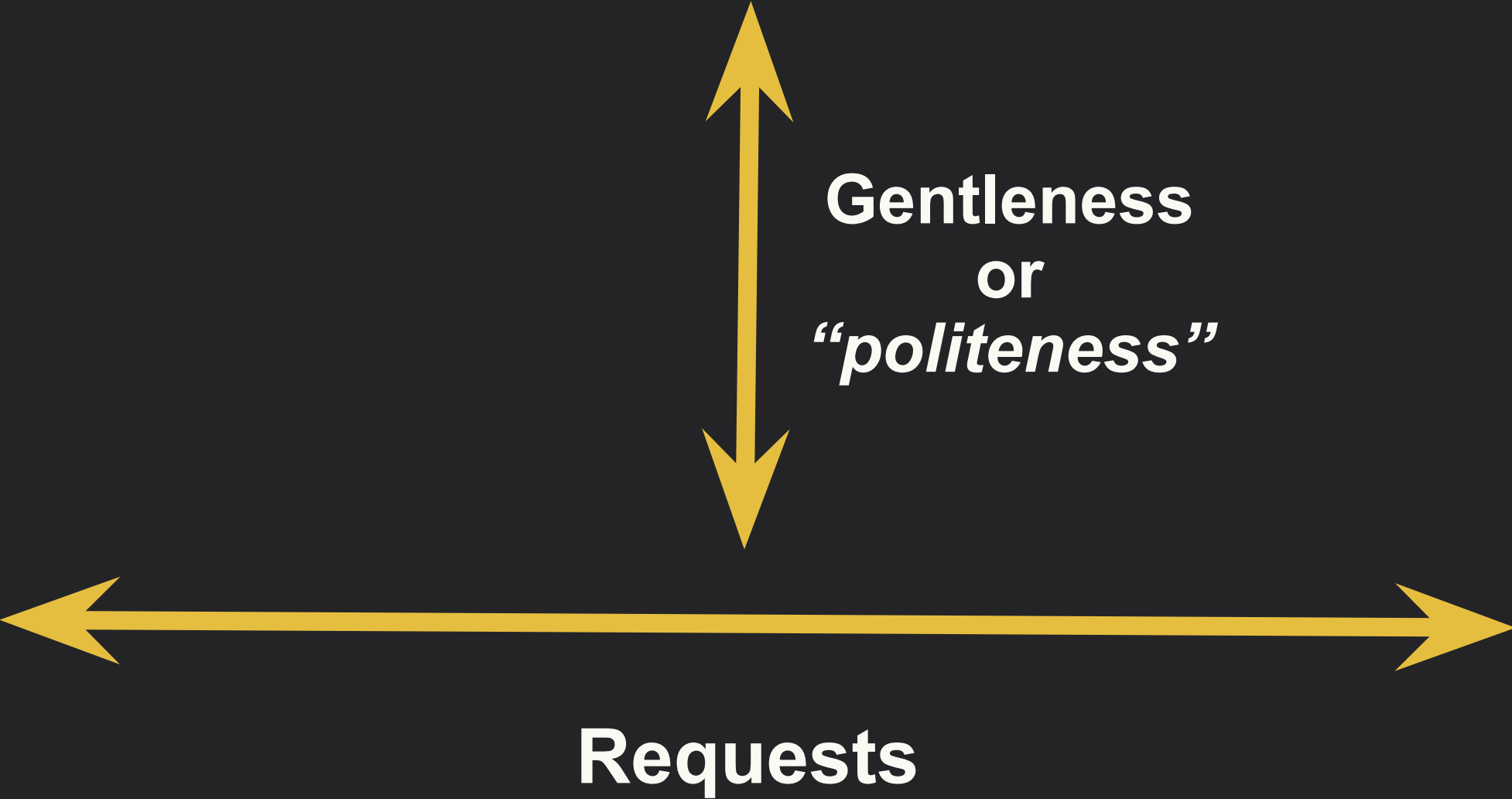
a) concern

Does your concern (vs.6) cancel out the Peace of God that transcends understanding (vs.7)?

Let your **reasonableness** [*gentleness*] **be known to everyone**. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving **let your requests be made known to God**.

Philippians 4: 5&6 , *ESV*





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

Philippians 4:7

John 14:27 & Romans 12:2

Promise 1 from *Applied Upside Down Joy*

... **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 right,
whatever is pure, whatever is
lovely, whatever is admirable - if
anything is excellent or
praiseworthy - think about such
things.

Philippians 4:8

- 1) What's happened?
- 2) How do I feel?
- 3) What story am I telling myself?
- 4) What does Scripture/the Gospel say about that?
- 5) What non-instinctual response do I need to take?
- 6) How might I look more like Jesus or who God designed me to be after this?

adapted from Rich Villodas

whatever you have learned or
received or heard from me, or seen
in me - put it into practice...

Philippians 4:9a

Promise 2 from *Applied Upside Down Joy*

... and **the God of peace will be with you.**