

**Joy in the Journey**  
**Hebrews 12:1–2, Philippians 4:4–7**  
**“Rejoice Always by Praying”**  
**October 29, 2023**

Question of the Sunday:

Share 1 word that gives you anxiety (or fear or anger)?

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**Hebrews 12:1–2**

*Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. **For the joy set before him** he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.*

**Philippians 4:4–7**

*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.*

**Anxiety is the opposite of Joy**

**Philippians 4:6** : *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

**Matthew 18:19-20** : *“Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. For where two or three gather in my name, there am I with them.”*

What happens next?

**Philippians 4:7** : *And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus*

**Jesus is our role model**