

SERMON NOTES

Series: Joy No Matter What

Title: The Real McCoy

Text: Philippians 2:19-30

Topic: Learning to be Joy Full

Teacher: Pastor Barry

Time: 7/30/23

File Under: Expository



I hope in the Lord Jesus to send Timothy to you soon, so that I may be cheered when I receive news about you. I have no one else like him, who takes a genuine interest in your welfare. For everyone else looks after his own interests, not those of Jesus Christ. But you know that Timothy has proved himself, because as a son with his father he has served with me in the work of the gospel. I hope, therefore, to send him as soon as I see how things go with me. I'm confident that I myself will come soon. I think it is necessary to also send back to you Epaphroditus, my brother, my fellow worker and my fellow soldier, who is also your messenger, whom you sent to take care of my needs. For he longs for all of you and is distressed because you heard he was ill. Indeed, he was ill, and almost died. But God had mercy on him, and not on him only but also on me, to spare me sorrow upon sorrow. Therefore, I am all the more eager to send him, so that when you see him again you may be glad and I may have less anxiety. Welcome him in the Lord with great joy, and honor men like him, because he almost died for the work of Christ, risking his life to make up for the help you could not give me. Philippians 2:19-30

Happiness is a quality you **can learn**.

Timothy and Epaphroditus are examples of four things you can learn that lead to greater happiness.

1. SHIFT THE FOCUS AWAY FROM **YOURSELF**

If all you think about is **me, myself and I**, you're going to be a pretty miserable person.

"... [Timothy] takes a genuine interest in your welfare, but everybody else looks out for his own interests..." vs' 20&21

People are becoming more and more **self-centered**.

2. BECOME SOMEONE THAT PEOPLE **TRUST**.

"Those who can't be trusted are on the road to ruin." Proverbs 13:15

"Timothy has proven himself, because as a son with his father, he has served with me in the work of the gospel." (v.22)

Everybody around you is **evaluating you**.

"Reliable friends who do what they say are like cool drinks in sweltering heat – refreshing." Proverbs 25:13

"Putting confidence in an unreliable person is like chewing with a toothache, or walking on a broken foot." Proverbs 25:19