

Joy

THE BOOK OF
PHILIPPIANS

Joy: The Overview Effect

July 17th & 18th

Speaker: Pastor Mark Batterson

Scripture: Philippians 4:1-9

[July 20, 1969](#) - Neil Armstrong walks on the moon

[Think Again](#) - Adam Grant

The Overview Effect - After returning from space astronauts are less concerned about individual happiness and achievements and more concerned about the collective good.

We already trust Him for the big things, like keeping us in orbit. Let's trust Him for everything else too.

[Philippians 3:20-21](#)

Paul is giving us a BIRD'S-EYE VIEW. Paul is helping us see BIG PICTURE. He's shifting our focus from temporal to ETERNAL. He's shifting our focus from a EARTHLY to a HEAVENLY mindset.

“Our imagination so magnifies the PRESENT because we are continually thinking about it, and so reduces ETERNITY, because we do not think about it, that we turn eternity into nothing and nothing into eternity.” - Blaise Pascal

We need to look at situations from an eternal perspective.

Downward Counterfactual - Step back and see the bigger picture.

[Romans 8:18](#)

[2 Corinthians 4:17](#)

[Revelation 11:15b](#)

Don't lose faith in the end of the story!

[Philippians 4:1](#)

- ◆ Paul's joy and crown are not his accomplishments. Paul's joy and crown are RELATIONSHIPS.
- ◆ **Spiritually speaking, your resume is your RELATIONSHIPS.**
- ◆ **Legacy is not what you accomplish, legacy is what others accomplish because of you.**

DISCIPLESHIP = growing fruit on someone else's tree.

"Sometimes the greatest opposition to what God wants to do next comes from those who were on the cutting edge of what God did last." - RT Kendall

Our JOY and our CROWN—is what others accomplish because of us! Success is SUCCESSION.

Question: Who is your joy? Who is your crown?

[Philippians 4:6-7](#)

Three things we can do to win the battle of the mind:

1. Put it to Prayer
2. Fix your Focus
3. Flip the Script

1. Put it to Prayer

Are you complaining about people behind their back or are you praying for people who get under your skin?

- ◆ Distance demonizes
- ◆ Praying for our enemies = able to look them in the eye with love
- ◆ When you feel anxiety, this is something that you need to pray about.
- ◆ Pray through until the breakthrough. The breakthrough is the peace of God guarding your heart and your mind.

PRAYER is the way...

- we reach ESCAPE VELOCITY
- we ESCAPE the earth's atmosphere
- we WRITE HISTORY before it happens

And when we do, the PEACE OF GOD which passes all understanding guards our hearts and our minds in Christ.

2. Fix Your Focus

[Philippians 4:8](#)

FOCUSING ILLUSION - you don't see the world as it is, you see the world as you are, and your focus determines your reality.

Appreciative Inquiry - celebrating what you want to see more of.

Questions: What percentage of your thoughts, words and actions are a REGURGITATION of the news you're watching or social media you're following? What percentage is a REVELATION you're getting from God's word? Are you taking your cues from trending hashtags? Or are you getting your prompts from the Holy Spirit?

Are you believing the lies of the enemy? Or are you being transformed by the truth of Scripture?

One of the ways to FIX YOUR FOCUS is to start a gratitude journal.

3. Flip the Script

[Philippians 4:9](#)

Counterfactuals - Happiness of silver vs. bronze medalists at the olympics. Silver medalists tended to focus on how close they came to winning gold, so they weren't satisfied with silver. Bronze medalists tended to focus on how close they came to not winning a medal, so they were happy to be on the medal stand at all.

Your superpower - smile - puts people at ease, lowers blood pressure, boosts immunity, makes you more attractive.

Challenge - this week, smile at everybody.

If you want to CHANGE YOUR LIFE, start by CHANGING YOUR STORY. More specifically, change the story you're telling yourself. You've got to flip your own script through scripture. Scripture gives us a God's-eye view. It puts our problems into perspective. Scripture is our SCRIPT CURE.

You are more than a conqueror.

You are the image of God.

You are the Apple of His eye.

You are His WORKMANSHIP, created in Christ Jesus...

A PRAYER to PRAY: Father in Heaven I choose to live from the overview effect of knowing eternity with You is my future. I will find reasons to smile this week. I will remember to put everything to prayer, praying for my enemies so that I can look them in the eye with love. I will pray until breakthrough comes and I find peace. I fix my focus on you Lord and the reality of eternity that you have promised me. Finally, I will flip the script. I will speak as kindly to myself as I would to a person that I met throughout my day. I will remember that I am Your creation and You are proud of me. I pray this all in Jesus' name, amen.

For more info about following Jesus, go to ncc.re/followJesus

SERMON NOTES

---To dig deeper:

Sermon Discussion Guide: ncc.re/discuss

NCC Daily: national.cc/daily

---ANNOUNCEMENTS:

Sign up for a Group: ncc.re/groups

Upper Zoom (Tu, We, Th at 7:14am): ncc.re/upperzoom