



LAUGH REGULARLY

One Month To Live - Part 3

April 16 & 17, 2016

Dr. Rex Keener, Senior Pastor

Big Idea: Realizing the brevity of life should motivate us to laugh regularly and enjoy a contented life with God's blessings.

Text: Philippians 4:4-9

"A happy heart is good medicine" – Proverbs 17:22a (Amplified Bible)

I. _____ YOUR JOY.

"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all..."

- Philippians 4:4-5a

"Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, 'The LORD has done great things for them.' The LORD has done great things for us, and we are filled with joy." - Psalm 126:2-3

"Thou hast loved righteousness and hated lawlessness; therefore God, thy God, hath anointed thee with the oil of gladness above thy companions." – Hebrews 1:9

"Again I tell you, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God." - Matthew 19:24

"A joyful heart is good medicine, but a crushed spirit dries up the bones." - Proverbs 17:22

II. _____ YOUR FUTURE.

*"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. **The Lord is near.**" – Philippians 4:4-5*

Immanence and Imminence

"Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal." – 2 Corinthians 4:16-18 {NASV}

III. _____ YOUR PERSPECTIVE.

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

IV. _____ YOUR BLESSINGS.

"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, 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." - Philippians 4:7-8

"There is a time for everything, and a season for every activity under heaven...a time to weep and a time to laugh, a time to mourn and a time to dance..." - Ecclesiastes 3:1, 4

*"Fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God."
- Hebrews 12:2 {NASV}*

MEMORY VERSE

"A happy heart is good medicine"
Proverbs 17:22a (Amplified Bible)