

CELEBRATE AND TRUST GOD  
CELEBRATE GOD!  
PHILIPPIANS 4:4-8



### The Heart of the Matter

Life is meant to be celebrated, not merely endured. Those who believe that understand that happiness is a choice we make every day. Happiness isn't based on who won the ballgame, how much weight we lose, or which lotto numbers we choose. It's not about the change in the weather, how young or old you are, or any other circumstance. None of these things matter. *Life is to be celebrated, not merely endured.* Get that into your head! To help you do that, let's look at a man who had every reason to be down in the dumps but wasn't. He could celebrate life because he celebrated God.



### Discovering the Way

#### 1. Celebrate Life by Celebrating God (Selected Scriptures)

Paul knew the difficulties of life. But he didn't let life get him down; he celebrated life by celebrating God.

#### 2. Celebrating God Helps Us Stay in the (Rat) Race (Philippians 4:4-8)

When running the race of life gets tiresome, remember four divine truths from Paul's pen.



### Starting Your Journey

Make it your aim to celebrate God as a way of life, and you'll not only stay in the race of life; you'll win. God will see to it!



### Tools for Digging Deeper



**Celebrate and Trust God**  
by Charles R. Swindoll  
CD set



**How Can I Win Over Worry?**  
by Insight for Living  
booklet



**Overcoming Anxiety**  
by Insight for Living  
booklet

To order any of these related resources, call  
0800 787 9364  
or visit  
[www.insightforliving.org.uk](http://www.insightforliving.org.uk)