

A.M. SERMON NOTES  
3/22/2026

WHEN LIFE TUMBLES IN

(Philippians 4:1 - 13)

INTRODUCTION

Let's face it: life is not always fair. (John 16:33) "I have spoken to you that in Me you may have peace. In the world you will have tribulation, but be of good cheer, I have overcome the world."

Apostle Paul writes this encouraging letter from a prison in Rome.

His Christian life had occasions where it "tumbled in." (2 Cor. 4:8-11; 6:4-10; 7:5-7; 11:23-28)

The text sets forth DIVINE PRINCIPLES for those times when "life tumbles in."

1. (v1) **"So stand fast in the Lord, beloved."**  
"Stand fast" - stay rooted, grounded, not moveable, anchored "in the Lord."  
(1 Corinthians 15:1-2, v58)
2. (v4) **"Rejoice in the Lord always. Again I say, rejoice.**  
(Romans 5:2-5) "... and rejoice in hope of the glory of God. And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance ... "  
Do not allow troublesome times move you away from God's blessings.
3. (v5) **"Let your gentleness be known to all men. The Lord is at hand."**  
Ask, "Am I hard to live with when beset with problems?"  
"Gentleness" - fitting, considerate, humane. In contrast to contentious and short-tempered.
4. (v6-7) **"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your request be made known to God; and the peace of God, which surpasses understanding, will guard your hearts and minds through Christ Jesus."**  
Prayer has ability to release anxiety in troublesome times.  
"With thanksgiving" - tell God all about it and don't forget to thank Him for blessings.  
Result: "and the peace of God, which surpasses all understanding, will ... "
5. (v8) tells us to keep our thinking straight: "... meditate on these things."  
(Proverbs 23:7; 4:23, v25-27; Colossians 3:1-4)  
Put your focus on the right things during troublesome times.
6. (v11-12) tells us to accept the reality that life does tumble in.  
"I have learned" - Paul learned and knew this by inspiration and experience.  
"Everywhere and in all things" - live rightly with the good and the hardship.
7. (v13) **"I can do all things through Christ who strengthens me."**  
Paul writes these principles to say, "I can" and "you can, too."  
It's "through Christ who strengthens me," and it goes back to (v1) "so stand fast in the Lord, beloved."  
(Romans 8:37) "... we are more than conquerors through Him who loved us ... "

CLOSE - follow the divine principles set forth in this chapter.