

**“SERIES: YES I CAN”  
SUNDAY, FEBRUARY 14, 2010**

**“YES I CAN CHILL”# 5**

**INTRODUCTION**

**AS WE CONTINUE THIS SERIES OF MESSAGES, IT IS IMPORTANT TO INTRODUCE TWO CONCEPTS.**

1. **THE FIRST CONCEPT; IS THAT OF THE PASTORAL EPISTLES. PHILIPPIANS MAY NOT BE AS LENGTHY AS OTHER WRITINGS, BUT PAUL SPEAKS ‘EMPOWERMENT’ INTO THE LIVES OF BELIEVERS MORE THAN ANYWHERE ELSE.**

**PHILIPPIANS, WHICH IS THE EPISTLE TO THE CHURCH AT PHILIPPI, IS MORE ABOUT WHAT WE CAN BECOME IN CHRIST JESUS.**

**IT’S A BOOK OF EMPOWERMENT, ENCOURAGEMENT, AND FACILITATING REAL CHANGE IN THE LIVES OF PEOPLE.**

2. **THE SECOND CONCEPT; IS THAT EVERYONE HERE CAN BE BETTER! FROM THE PULPIT TO THE DOOR.**

**WE DON’T HAVE TO LIVE IN FEAR, WE DON’T HAVE TO BE BOUND BY OUR PAST, WE DON’T HAVE TO THINK WE’RE INFERIOR; WE DON’T HAVE TO BE HELD HOSTAGE BY WHAT OUR RELATIVES AND FRIENDS SAY ABOUT US.**

**WE CAN BE THE KIND OF PEOPLE THAT GOD WILL BE PROUD OF AND PLEASED WITH.**

**SOMETIMES WE LOOK AT THE SPIRITUAL GROWTH OF OTHER PEOPLE AND TRY TO EMULATE OR DUPLICATE THEM. HOWEVER, THAT MAY NOT BE THE PLATEAU THAT GOD WANTS YOU TO REST UPON.**

**GOD IS VERY INTERESTED IN SEEING YOU GROW!  
PHYSICALLY, EMOTIONALLY, FINANCIALLY, SPIRITUALLY,  
CONCEPTUALLY AND THEOLOGICALLY.  
AND THE LIMIT OF YOUR GROWTH REALLY DEPENDS ON IF  
YOU BELIEVE YOU CAN BE BETTER!**

**THAT'S WHY FOR THE PAST FEW WEEKS WE HAVE  
DECLARED CORPORATELY YES I CAN!**

1. YES I CAN HANDLE IT;
2. YES I CAN SHINE;
3. YES I CAN RUN;
4. YES I CAN AGREE;
5. YES, I CAN BE A BETTER HUSBAND!
6. YES I CAN BE A BETTER WIFE!
7. YES I CAN BE A BETTER STUDENT!
8. YES I CAN BE A BETTER CHURCH MEMBER!
9. YES I CAN BE A MORE SPIRITUAL PERSON!

**SO OUR LOOK IS AT OURSELVES AND HOW WE HANDLE  
VARIOUS CIRCUMSTANCES OF LIFE.**

**PAUL WRITES TO THE CHURCH AT PHILIPPI, AND  
APPARENTLY IT HAS BEEN TRANSLATED TO HIM THAT  
THERE ARE THOSE WITHIN THE CHURCH WHO ARE SAVED,  
SANCTIFIED, FILLED WITH THE HOLY SPIRIT, OPERATING  
AS GIFTED BELIEVERS AND YET THEY HAVE A PROBLEM.**

**THE PROBLEM IS IDENTIFIED IN THE FIRST LINE OF THIS  
TEXT; THE KING JAMES VERSION SAYS "BE CAREFUL FOR  
NOTHING" AND THE NIV DESCRIBES IT LIKE THIS – "DO  
NOT BE ANXIOUS FOR ANYTHING."**

(I). **FIRST POINT, DON'T BE ANXIOUS**

(A). **PAUL, WRITING IN THE PRESENT/ACTIVE/IMPERATIVE FORM OF GREEK SPEECH WHICH SAYS, DON'T BE ANXIOUS ABOUT ANYTHING!**

(1). **HE SAYS TO THIS CHURCH AND IT IS NOT A SUGGESTION, IT'S AN IMPERATIVE, AN ABSOLUTE COMMAND THERE SHOULD NOT BE ANOTHER OPTION.**

(2). **GOD SAYS TO YOU AND I TODAY, IN YOUR DAILY LIFE – DON'T BE ANXIOUS! DON'T WORRY, DON'T BE TROUBLED WITH CARE, DON'T BE DISTRACTED, DON'T BE SWAYED BY YOUR DAILY ACTIVITIES.**

(B). **MANY OF US CARRY AROUND CONCERNS IN OUR HEART TO A POINT OF WHERE IT WINDS UP DISTRACTING US FROM BEING THE KIND OF PERSON GOD WANTS US TO BE.**

(1). **ANXIETY WILL CAUSE YOU TO LOSE SLEEP AT NIGHT.**

(2). **ANXIETY WILL CAUSE YOU TO NOT FOCUS ON YOUR STUDIES.**

(3). **ANXIETY WILL CAUSE YOU TO WITHDRAW FROM FRIENDS.**

(4). **ANXIETY WILL CAUSE YOU TO DRAW INTO A SHELL.**

(C). **WHAT ANXIETY DOES IS, THAT INSTEAD OF YOU FOCUSING ON GOD TO BE YOUR PROVIDER, YOUR WAY MAKER AND YOUR DELIVERER, YOU'LL START TRYING TO FIX THINGS YOUR WAY AND WIND UP WITH A BIGGER MESS THAN YOU STARTED OUT WITH.**

- (1). ANXIETY WILL FOLLOW YOU INTO THE CLASSROOM;
- (2). ANXIETY WILL FOLLOW YOU INTO THE GROCERY STORE;
- (3). ANXIETY WILL FOLLOW YOU INTO YOUR HOUSE;
- (4). ANXIETY WILL EVEN FOLLOW YOU INTO THE CHURCH.

(D). I KNOW SOME PEOPLE WHO ARE SO PARALYZED BY THEIR PROBLEMS, FROZEN BY THEIR FEARS, CRIPPLED BY THEIR CHALLENGES, THAT THEY CAN'T EVEN WORSHIP, BECAUSE THEY ARE CONSUMED BY THEIR ANXIETIES.

### ILLUSTRATION

EVERY NOW AND THEN I GET INVITED TO A SOCIAL FUNCTION AND IN SOME OF THE NICER FUNCTIONS THEY WILL HAVE A COAT CHECK ROOM. IF YOU'RE WEARING A COAT, INSTEAD OF HAVING TO PUT THE COAT ON THE BACK OF YOUR CHAIR OR ON THE FLOOR OR BACK STAGE, YOU CAN LEAVE YOUR COAT IN THE COAT CHECK ROOM;

YOU RECEIVE A TAG, AND THEN YOU CAN ENJOY THE EVENT WITHOUT HAVING TO WORRY ABOUT THE SAFETY AND SECURITY OF YOUR COAT;

AND THEN WHEN THE EVENT IS OVER, THEN YOU RECEIVE YOUR COAT.

(E). HERE'S WHY THIS IS IMPORTANT:

- (1). IN WORSHIP, IN YOUR HOME, AND IN YOUR CLASS, YOU'VE GOT TO LEARN HOW TO GO TO THE SPIRITUAL COAT CHECK ROOM, AND CHECK YOUR

**PROBLEMS IN WITH GOD! HE CAN HANDLE WHATEVER YOU'RE DEALING WITH.**

- (2). IT IS IMPORTANT TO KNOW THAT HE CAN HANDLE WHATEVER YOU'RE DEALING WITH BECAUSE, THAT "NOTHING" OF THE TEXT (MAY-DICE) REFERS TO NOT ONLY NOTHING, BUT IT ALSO REFERS TO NOBODY OR NO ONE.**
- (3). I HAVE TO OPERATE IN LIFE WITHOUT WORRYING ABOUT MY THINGS, MY POSSESSIONS, AND MY PEOPLE IN MY LIFE!**

**(II). SECONDLY, LET YOUR REQUESTS BE MADE KNOWN.**

- (A). ONCE AGAIN, THERE IS A "BUT" IN THE SCRIPTURES.**
  - (1). WE ALL UNDERSTAND THAT WHERE THERE IS A "BUT" IN THE TEXT, IT IS A DEMARCATION LINE BETWEEN TWO TRUTHS.**
  - (2). IN OTHER WORDS, THE FIRST PORTION WAS A COMMAND "DON'T BE ANXIOUS ABOUT ANYTHING" AND IT'S SEPARATED BY A SECOND TRUTH AND THAT IS A COMMAND ON HOW TO OPERATE!**
  - (3). PAUL SAYS INSTEAD OF YOU CARRYING THE BURDEN OF THINGS IN LIFE, YOU NEED TO BECOME A PRAYING PERSON AND TAKE WHAT'S ON YOU AND GIVE IT TO GOD!**
  - (4). GOD ALREADY KNOWS WHAT YOU'RE GOING THROUGH, BUT PAUL SAYS YOU NEED TO GO THROUGH THE ACTIONS OF**

**MAKING GOD AWARE OF YOUR SITUATION.**

**(5). LIKE YOU WOULD MAKE A STRANGER AWARE OF SOMETHING GOING ON IN YOUR LIFE.**

**(6). HE SAYS YOU HAVE TO ALLITERATE IT, TO SPEAK OF IT WITH YOUR LIPS AND HEART.**

**(B). PAUL SAYS IF YOUR REQUESTS ARE GOING TO BE MADE KNOWN TO GOD, YOU'RE GOING TO HAVE TO PRAY!**

**(1). YOU'RE GOING TO HAVE TO LITERALLY TAKE YOUR BURDENS TO THE LORD AND LEAVE THEM THERE!**

**(2). YOU'RE GOING TO HAVE TO PRAY!**

**(3). PAUL SAYS THE END GOAL IS TO MAKE GOD AWARE OF WHAT YOU'RE GOING THROUGH OR DEALING WITH.**

**(4). HE ALSO SAYS THAT THE WAY TO GET THERE IS BY PRAYER AND SUPPLICATION WITH THANKSGIVING!**

**(III). THIRD, BY PRAYER AND SUPPLICATION WITH THANKSGIVING**

**(A). WHEN I FIRST READ THIS I THOUGHT I HAD A HANDLE ON WHAT PRAYER IS OR SUPPOSED TO BE, BUT THIS WORD IN GREEK BLEW MY MIND BECAUSE IT ALSO SUGGESTS THAT NOT ONLY DO I PRAY, BUT I'VE GOT TO PRAY IN PEACEFUL PLACES! THAT SUGGESTS TWO THINGS:**

- (1). **NUMBER ONE, SINCE IT'S A PASTORAL EPISTLE AND WRITTEN TO THE PASTOR ABOUT THE CHURCH, IT'S LOGICAL TO DEDUCE THAT THE CHURCH MUST NOT BE A PLACE TO PRAY, BUT IT'S GOT TO BE A PEACEFUL PLACE!**
- (a). **THE SANCTUARY WHERE WE MEET GOD HAS TO BE PEACEFUL!**
  - (b). **THOSE WHO I WORSHIP WITH HAVE TO BE PEACEFUL!**
  - (c). **THOSE WHO WALK IN AND OUT OF THESE DOORS MUST BE PEACEFUL!**
  - (d). **THE SPIRITUAL ATMOSPHERE AND TEMPERATURE OF THE CHURCH MUST BE SET ON "PEACEFUL."**
- (2). **SECONDLY IT SUGGESTS THAT WHEN I PRAY, PRAYER CAN 'CHILL ME OUT'.**
- (a). **IT SETTLES ME AND CENTERS ME. THEREFORE, I HAVE TO BE CAREFUL WHO I BRING TO THE ALTAR.**
  - (b). **I CAN'T BRING THAT *ANXIOUS* PERRY SIMMONS TO THE ALTAR – BECAUSE *THAT* PERRY SIMMONS IS RUNNING ON *FEAR* AND *ANXIETY*, AND I MAY MISS SOME VITAL THINGS I NEED TO BRING TO THE LORD'S ATTENTION;**
  - (c). **I MIGHT SAY SOME THINGS THAT I SHOULDN'T SAY;**
  - (d). **I MIGHT PRAY SOME THINGS I SHOULDN'T PRAY, BECAUSE I'M ANXIOUS.**

- (B). I NEED TO BRING THAT PEACEFUL PERRY SIMMONS TO THE ALTAR.
- (1). I NEED TO BRING THAT PEACEFUL PERRY SIMMONS TO THE ALTAR THAT HAD SOME TIME TO ANALYZE WHAT I'VE GONE THROUGH.
  - (2). I NEED TO BRING THAT PEACEFUL PERRY SIMMONS TO THE ALTAR WHO HAS HAD TIME TO EVALUATE MY SITUATION AND LIST SOME DETAILS , AND BRING TO GOD A 'CHILLED OUT' PERRY SIMMONS TO THE ALTAR!
- (C). NOT ONLY DO I PRAY BUT ALSO, I'VE GOT TO BE SPECIFIC IN MY PRAYERS.
- (1). PAUL SAYS "PRAYER AND SUPPLICATION."
  - (2). SUPPLICATION MEANS PRAYER THAT IS ATTACHED WITH NEED OR WANT.
  - (3). IN OTHER WORDS, ITS NOT GENERALIZED PRAYER, IT'S SPECIFIC AND ATTACHED TO MY NEEDS.
- (D). CHECK THIS OUT – IT'S MORE THAN JUST "LORD BLESS EVERYBODY, AMEN."
- (1). NO, IT'S LORD, I NEED A BETTER JOB.
  - (2). LORD, MY COUSIN POOKIE NEEDS YOUR HELP TO GET INTO SCHOOL.
  - (3). LORD, MY PASTOR, PASTOR SIMMONS, NEEDS YOU TO PREACH HIS WORD.
  - (4). LORD, MY CHURCH, ABYSSINIAN BAPTIST, NEEDS YOU IN ORDER TO GROW.

(E). **IT'S PRAYER THAT IS *TETHERED* OR *TIED* TO A REAL NEED.**

(1). **EVEN IF I NEED TO MAKE A LIST AND PRAY OVER THAT LIST OF NEEDS TO HELP ME REMEMBER IT WHEN I PRAY, I'VE GOT TO *TETHER* MY PRAYERS.**

(F). **NOT ONLY DO I PRAY AND I TETHER MY PRAYER, I'VE ALSO GOT TO PRAY WITH THANKSGIVING!**

(1). **I STRUGGLED WITH THIS BECAUSE I USED TO PRAY AND DROP MY BURDENS ON GOD AND THEN WALK AWAY BY SAYING "AMEN".**

(2). **BUT THIS TEXT HELPS ME UNDERSTAND THAT I HAVE TO THANK HIM WHETHER HE ANSWERS MY PRAYER OR NOT.**

(3). **IT LITERALLY MEANS AS I DETACH MYSELF FROM WHATEVER I'M DEALING WITH AND WHEN I GIVE IT TO GOD, I GIVE IT WITH THANKSGIVING.**

(4). **I THANK HIM BECAUSE I'M GLAD I CAN GIVE IT TO HIM.**

(5). **I THANK HIM BECAUSE I CAN UNLOAD MY BURDEN TO HIM.**

(6). **I THANK HIM BECAUSE HE CAN HANDLE WHAT I GIVE HIM.**

(7). **I HAVE TO HAVE THE THANKSGIVING POSTURE THAT SAYS, "EVEN IF YOU DON'T DO IT, I'LL STILL PRAISE YOU."**

- (8). **EVEN IF YOU DON'T GIVE ME THAT JOB,  
THANK YOU!**
- (9). **EVEN IF YOU DON'T HEAL MY BODY,  
THANK YOU!**
- (10). **EVEN IF YOU DON'T TURN IT AROUND,  
THANK YOU!**

### **CONCLUSION**

**I TOLD YOU TWO THINGS EARLIER IN THIS MESSAGE:**

- (A). **FIRST, ANXIETY IS CRIPPLING BUT  
THANKSGIVING IS THE OPPOSITE OF ANXIETY.**
- (B). **SECONDLY, I TOLD YOU ABOUT THE COAT  
CHECK ROOM.**
- (C). **I DIDN'T TELL YOU WHAT KINDS OF  
FUNCTIONS I'VE BEEN AT.**
  - (1). **I'VE BEEN TO PARTIES, BANQUETS,  
FEASTS, DANCES AND EVEN  
CONVENTIONS, WHERE I COULD CHECK  
MY COAT IN, SO I COULD ENJOY THE  
EVENT.**
  - (2). **I'VE BEEN ABLE TO DANCE WITHOUT A  
WORRY.**
  - (3). **I'VE BEEN ABLE TO ENJOY A MEAL  
WITHOUT A WORRY.**
  - (4). **I'VE BEEN ABLE TO STUDY AT A  
CONVENTION WITHOUT A WORRY.**
  - (5). **I'VE BEEN ABLE TO ENJOY A GAME  
WITHOUT A WORRY.**

**(D). I'VE COME HERE TO TELL SOMEBODY THAT  
YOU CAN "CHILL OUT" IF YOU ONLY WOULD  
GIVE YOUR PROBLEMS TO THE LORD!**

- 1. I SING BECAUSE I'M HAPPY!**
- 2. I SING BECAUSE I'M FREE!**
- 3. I DANCE BECAUSE I'M BLESSED!**
- 4. I SHOUT BECAUSE I'VE GOT THE VICTORY!**
- 5. I'M CALM AND COLLECTED!**
- 6. I'M BLESSED AND WILL NOT BE STRESSED!**