



“The Purpose of Peace”
Philippians 4:4-7
The Joy of Unity: The Book of Philippians

Philippians 4:4-7 – “Rejoice in the Lord always; again I will say, Rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.”

Philippians 4:4 – “Rejoice in the Lord always; again I will say, Rejoice.”

- 1.) Peace allows us to rejoice differently.

Matthew 26:42, Again, for the second time, he went away and prayed, “My Father, if this cannot pass unless I drink it, your will be done.”

Philippians 4:5 – “Let your reasonableness be known to everyone. The Lord is at hand;”

Reasonable=gentle and considerate.

1 Peter 4:8, Above all, keep loving one another earnestly, since love covers a multitude of sins.

- 2.) Peace allows us to prioritize differently.

Philippians 4:6 – “do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

“The greatest threat to faith today is not hedonism but distraction...”

-Andrew Sullivan

“An over busy, hurried life of speed is the new normal in the Western world, and it’s toxic. Psychologists tell us anxiety is often the canary in the coal mine, our soul’s way of telling us something is deeply wrong and we need to fix it, fast.”

-John Mark Comer

“Hurry Sickness: A continuous struggle and unremitting attempt to accomplish or achieve more and more things or participate in more and more events in less and less time.”

-Meyer Friedman

“You must ruthlessly eliminate hurry from your life...Hurry is the great enemy of spiritual life in our day.”

-Dallas Willard

- 3.) Peace allows us to respond differently.

Rom. 8:28, And we know that for those who love God all things work together for good, for those who are called according to his purpose.

Romans 8:29, For those whom he foreknew he also predestined to be conformed to the image of his son, in order that he might be the firstborn among many brothers.

Philippians 4:7 – “And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.”

4.) Peace allows us to live differently.

DISCUSSION QUESTIONS:

1. What did you find new, helpful, or confusing about today’s message?
2. What is something that worries you?
2a.) On a scale of 1-10, with one being “no anxiety at all” and ten being “anxious every second” where would you say you are?
3. Do you generally feel a sense of peace or stress in your life?
3a.) Do you feel a sense of peace or stress during the Christmas season?
4. What are some practical ways you can increase your experience of the peace of God?
5. In what ways do you feel God working to conform you to the image of His Son?