



Sermon Series: Life Worth Living Part 6

Sermon Title: The Prize

Speaker/ Date: Cameron Baker, October 17, 2021

Philippians 4:4-13

The Scriptures give us the way to peace...

Big Idea: A life surrendered to Jesus brings PEACE

We live surrendered to Jesus by living out four **HABITS** Paul gives the Philippians:

1. PRAISE

Philippians 4:4-5

Paul bases his rejoicing - the praise filled calm delight solely in the Lord Jesus. He doesn't want to boast about anything else. **Hebrews 13:15-16**

In both passages, when we worship Jesus - something changes in our spirit. A change that gives you the ability to be gentle towards others and care for others. The pattern we see in the scriptures is that praising God precedes something great happening. **2 Chronicles 20:17**

Peace and confidence in the face of battles - Begins and ends with you and I praising God.

2. PRAYER

Philippians 4:6-7

Prayer - your personal conversation with the Lord, is a fast track to peace. So often, when a stress-filled moment is stopped and interrupted by a moment of prayer.

What is an enemy of your peace? **Anxiousness:** a troubled heart and mind. - But prayer is your countermeasure to anxiety.

As situations in your life spin, as the enemy of your soul attempts to hunt you down - talk to God directly, take the time to stop what you are doing and share with him what's happening

3. PRACTICE

Philippians 4:8-9

Where the passage says “think about such things” I would encourage you to be more deliberate. The phrase carries the idea of someone taking inventory of all their thoughts.

Few habits will bring you more peace than if you choose to train your mind in a godly direction. Here’s a way for you to be more deliberate in this area:

Each night before you go to sleep PRACTICE by writing down something from your day for each of these attributes Paul gives us.

What in my day was:

True: _____

Worth imitating: _____

Right: _____

Modest: _____

Beautiful: _____

Worthy of respect: _____

Excellent: _____

Praiseworthy: _____

3. PASSION

Philippians 4:11-13

Paul does not care if he is rich, poor, or somewhere in between. He has been in each situation and he knows that a peace-filled mind is not dependent upon money or status. **1 Timothy 6:6-8**

God knew - Paul needed to experience highs and lows in life to, in order to come to the passionate realization: and we declare it as our passionate belief:

“I can do all this through him who gives me strength” Philippians 4:13

So many situations we could march through - and either blindly be led to despair - or, bring the passion of your faith in Jesus to the forefront of your mind and reassure yourself:

“I can do all this through him who gives me strength”

It was Jesus who said in John 14:27 (NIV)

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Discussion Questions:

- What about the sermon stuck with you this week? What part challenged your thinking?
- Philippians 4:13 says *“I can do all this through him who gives me strength”* Does this mean that a Christian can do absolutely anything and succeed? Explain why or why not
- What would you say to an unbeliever who struggles with anxiety? What would you say to a believer who struggles with anxiety?
- Who is someone that you know that lives with constant peace regardless of his or her situation?
- If a follower of Christ lives with constant anxiety is that unbiblical? Explain
- Explain a time when you lacked peace but praise and prayer brought you peace.