

Philippians 4:2-7 “I entreat Euodia and I entreat Syntyche to agree in the Lord. ³ Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life.⁴ Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your gentleness be known to everyone. The Lord is at hand; ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

- ▶ This is not the only time we see Paul exhorting the believer to rejoice always — **1 Thessalonians 5:16** “Rejoice always.”

The problem: Anxiety

- Preoccupied with fear.
- Burdened by the past.
- Nervous about the present.
- Tormented by the future.

The answer: The peace of God

- In Him there is no fear.
- We cannot relive it.
- He wants our burdens.
- He has already been there.

Matthew 6:25-34 “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? ²⁶ Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ And which of you by being anxious can add a single hour to his span of life? ²⁸ And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, ²⁹ yet I tell you, even Solomon in all his glory was not arrayed like one of these. ³⁰ But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? ³¹ Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. ³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you.

³⁴ “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”



WITH PRAYER, SUPPLICATION, AND THANKSGIVING (HUMILITY)

Ideally when we go into prayer we do so in a state of humility. Throughout the book of Philippians we see the importance of a posture of taking the back seat.

Philippians 2:3 “Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.”

James 4:6-8 “Therefore it says, “God opposes the proud, but he gives grace to the humble.” ⁷ So submit to God. But resist the devil and he will flee from you. ⁸ Draw near to God and he will draw near to you.”

1 Peter 5:5-9 “In the same way, you who are younger, be subject to the elders. And all of you, clothe yourselves with humility toward one another, because God opposes the proud but gives grace to the humble. ⁶ And God will exalt you in due time, if you humble yourselves under his mighty hand ⁷ by casting all your cares on him because he cares for you. ⁸ Be sober and alert. Your enemy the devil, *like a roaring lion*, is on the prowl looking for someone to devour. ⁹ Resist him, strong in your faith, because you know that your brothers and sisters throughout the world are enduring the same kinds of suffering.”

peace /pēs/

noun

The absence of war or other hostilities.

An agreement or a treaty to end hostilities.

— “negotiated the peace.”

Freedom from quarrels and disagreement; harmonious relations.

— “roommates living in peace with each other.”

- ▶ The gift of salvation is “indescribable” (2 Corinthians 9:15).
- ▶ The complexity and wisdom of God’s plan is inscrutable (Isaiah 55:8–9).
- ▶ The love of Christ is something else so great we will never fully understand it (Ephesians 3:19).

