

Thankful Prayer

How can we be spiritually stable in the most trying of times? The key is what Paul says in Philippians 4.1... *stand firm in the Lord*. Paul wants them to be rooted & grounded. What follows in 4.2-9 are the principles of how we stand strong ... *in this manner*... as he says in 4.1. In this lesson, we will continue looking at building spiritual stability by discussing Thankful Prayer. We'll talk about the solution for worry. And we'll talk about the result of a thankful heart.

I. The Solution for Worry

- A. Philippians 4:6: *in everything, through prayer and petition with **thanksgiving**, present your requests to God.*
 - 1. Here Paul is discussing the importance and attitude of prayer.
 - 2. When the difficulties come ... we go to God, crying out to God with thanksgiving!
 - a) 1 Peter 5:10: *The God of all grace, who called you to his eternal glory in Christ, will himself restore, **establish**, strengthen, and support you after you have suffered a little while.*
 - b) We look for God's purposes and thank Him for the power He is making available to us.
- B. Prayer should always be in thankfulness
 - 1. We trust His knowledge; His power; His promises.
 - 2. Philippians 4:19: *And my God will supply **all your needs** according to his riches in glory in Christ Jesus.*
 - 3. Nothing escapes God and nothing is outside of his purposes.

II. The Result of a Thankful Heart

- A. Philippians 4:7: *And the **peace** of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.*
- B. What all is wrapped up in peace?
 - 1. tranquility; contentment; a sense of calm in the middle of difficulty.
 - 2. Note how God *answers* the prayer is not the issue here. Whatever His answer may be and whenever the answer may come, God will give you peace.
- C. What is Peace? Inward peace. Godlike peace.
 - 1. Isaiah 26:3: *The **steadfast** of mind You will keep in perfect peace, Because he **trusts** in You.*
 - 2. When we trust in God, we get a steadfast mind. God keeps us in peace.
- D. What Kind of Peace is It?
 - 1. Philippians 4:7: *The peace of God, ...surpasses all **understanding**...*
 - 2. It's not human. It goes beyond our understanding. We can't explain it.
 - 3. We discover the peace God provides as we entrust everything with confidence into his care.
- E. What Does Peace Do?
 - 1. Philippians 4:7: (it) will **guard** your hearts and minds in Christ Jesus.
 - a) "Will guard" is a military term, meaning to watch over or protect.
 - b) It will guard your "**hearts** and **minds**" ... i.e., your who inner person.
 - 2. All because you are in union with Christ.

III. As We Close

- A. We must learn to rest on a confident faith in the Lord that we trust Him to be consistent with his nature as revealed in Scripture, and react to our problems with thankful prayer.
- B. When we do, God will give us His peace to guard us ... thus producing peace, tranquility, and contentment we desire.