

Defused: Keeping Calm in Chaotic Times

Be Rooted in Christ Jesus

Philippians 4:1

*“You keep him in perfect peace whose mind is stayed on you, because he trusts in you.” **Isaiah 26:3***

*“Jesus Christ is the same yesterday and today and forever.” **Hebrews 13:8***

Keeping Calm: Despite all the chaos around us, we know that peace and calmness is possible in Christ Jesus. But how do we tap into it? What can we do when the chaos begins to invade our lives to the point we get swept up in it? How do we deal with the anger, frustration, anxiety, discouragement, depression and fear that creep into our hearts?

*“Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.” **Philippians 4:1***

Main Idea: Keeping Calm in Chaotic Times Begins by Being Rooted in Christ Jesus

Two Steps to Being Rooted in Christ Jesus from Philippians 4:1

I. An Identity to Embrace

- **My Brothers** – Not specifically men, it’s brothers & sisters.
- **I Love** – Agape, Christ-like sacrificial love.
- **I Long For** – Misses them, loves them, yearns to see them.
- **My Joy** – Paul’s life was better because he knew them.
- **My Crown** – Their faith was proof of his coming heavenly reward.
- **My Beloved** – Restating the agape Christ-like love.

*“So God created man in his own image, in the image of God he created him; male and female he created them.” **Genesis 1:27***

*“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.” **2 Corinthians 5:17***

As chaotic times create fear, anger, anxiety, even depression in our own lives, we must embrace our identity! What is it? We are made in the image of God and are new creations in Christ Jesus! Yes, you may struggle with fear, anxiety, depression, or something else...BUT THAT IS NOT WHO YOU ARE!!! Be rooted in Christ Jesus by embracing your true identity as an image-bearer of God and a new creation in Christ Jesus.

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II. A Principle to Practice

*“...stand firm thus in the Lord...” **Philippians 4:1b***

*“Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.” **Ephesians 6:13***

Don’t let chaotic times tempt you to abandon the Gospel and the Word of God; use them to dive deeper instead!

*“Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith – that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death, that by any means possible I may attain the resurrection from the dead. Not that I have already obtained this or am already perfect, but **I press on to make it my own, because Christ Jesus has made me his own.**” **Philippians 3:8-12***

So often, chaotic times drive us away from God’s word, prayer, fellowship with other believers, worship gatherings and serving together. But when the culture is convulsing, and we’re struggling with anxiety, fear, frustration, discouragement, anger, depression, LEAN IN, NOT AWAY!

*“I was glad when they said to me, ‘Let us go to the house of the LORD!’” **Psalms 122:1***

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*“Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it has been founded on the rock. And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it.” **Matthew 7:24-27***

Many things desire to be your firm foundation: vocation, money, politics, pride, family, education, relationships, etc. Yet, all of these are like shifting sands...only Christ is truly worthy of rooting your life in!

As these chaotic times roll on, you can be rooted in Christ Jesus by embracing your identity and by practicing the principle of standing firm.

Sources and Further Reading Opportunities

- *Bible Exposition Commentary* – Warren Wiersbe (1996)
- *Tony Evans Study Bible* – Tony Evans (2019)
- *The IVP Bible Background Commentary*– Craig Keener (1993)
- *Tyndale Bible Dictionary* – Walter Elwell (2001)
- *Word Pictures in the New Testament* – A.T. Robertson (1933)
- *Holman Concise Bible Commentary* – David Dockery (1998)
- *Philippians, Colossians, Philemon* – Richard R. Melick (1991)
- *Galatians, Ephesians, Philippians, Colossians* – Max Anders (1999)
- *America is Having a Moral Convulsion* – David Brooks (2020)

