

October 27, 2019
UNDER PRESSURE – Part 2
“The Way of Peace”

Philippians 4:6-7 (NIV11): “⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4:4 (NIV11): “Rejoice in the Lord always. I will say it again: Rejoice!”

The Apostle Paul was writing this letter to the church in Philippi from *prison*.

2 Corinthians 11:28 (ESV): “...there is the daily pressure on me of my anxiety for all the churches.”

When Paul says “Rejoice,” he’s not talking about a *feeling* but a conviction, a belief, and that belief is that despite all that is happening around him and to him, God is still in control and will save those who put their faith in him.

Tony Merida: “Most people think you get joy when you *get* what you *desire*. But real joy comes when you *realize* what you *deserve*. The realization of what you deserve (judgment) and what you’ve received instead (salvation) should lead you to great joy. It’s not about getting what you want; it’s about being grateful for all that you have in Christ Jesus.”

Philippians 4:5 (NIV11): “Let your gentleness be evident to all. The Lord is near.”

Philippians 4:5 (Amplified): “Let all men know *and* perceive *and* recognize your unselfishness (your considerateness, your forbearing spirit). The Lord is near [He is coming soon].”

Philippians 4:5 (Message): “Make it as clear as you can to all you meet that you’re on their side, working with them and not against them. Help them see that the Master is about to arrive. He could show up any minute!”

Paul says we need this kind of spirit to help an unbelieving world discover and accept the truth of Jesus Christ, who will come back.

Proverbs 12:25 (NIV11): “Anxiety weighs down the heart...”

Worry and anxiety, whether consciously or subconsciously, often imagines the worst.

Philippians 4:6-7 (NIV11): “⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Anxiety draws all our attention to ourselves so that we become self-absorbed.

Our really anxious moments are often tied to believing lies versus what God says.

Paul tells us that a key to fighting anxious thoughts “in every situation” is to pray, with thanksgiving.

One of our biggest problems when we’re feeling anxious is that we forget all God has already done for us, but when we focus on offering him thanks and gratitude it has a way of reorienting our thoughts.

Sometimes, when we keep stuff bottled up inside us, it just gets bigger and bigger, but when we finally bring it out into the light of God, we see it for what it really is, and it’s seldom as big as we’ve made it out to be.

1 Peter 5:7 (NLT): “Give all your worries and cares to God, for he cares about you.”

Paul isn’t saying that prayer and thanksgiving keep us from having problems, but, rather, as we pray and give our “worries and cares” to God, we can have peace, knowing He has the final word over everything and we can trust His promises!

Philippians 4:8-9 (NIV11): “⁸Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. ⁹Whatever you have learned or received or heard from me, or seen in me – put it into practice. And the God of peace will be with you.”

We become more like Jesus as we focus on him and follow him and his ways.

Romans 12:2 (NIV): “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – his good, pleasing and perfect will.”

Romans 12:2 (Message): “Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.”

The church, which is the *people* of the church, is a community of faith that seeks to redirect our focus from the things of this world to Jesus Christ.

Hang out with God's people and focus on Jesus, and we begin to experience that "the God of peace" is with us!

Next Week - Under Pressure: What's Behind Our Anxiety

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