

## “Leave it with God”

### Review:

- Unique issues in our culture:
  - Little relational stability (*human and spiritual relationships*).
  - Activity overload—we’re too busy with too much visual stimulation.
  - Negative media.
  - Addiction—pursuing the wrong things leads to shame and guilt.

### Paul gives us a Spirit-directed way of dealing with anxiety: **C.A.L.M.**

- Remember Paul’s context for writing this passage.

**Philippians 4:4–7** (NIV) *“Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup>Let your gentleness be evident to all. The Lord is near. <sup>6</sup>Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup>And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*

### **Celebrate God:** Rejoice in the Lord!

- Rejoicing in the Lord is a choice to focus on God and not on the problem.
- God is sovereign, good, and near.

### **Ask God for Help:** Bring your requests to Him.

- Prayer and petition—persistent prayer.
- Thankfully, keeping in mind what He has done.

### **Leave it with Him,** and a peace that passes all understanding will guard... (**v. 7**)

- Paul is not saying that if you ask the right way, you will get what your own desires dictate. The reason it is beyond understanding is because a natural human wouldn’t understand your peace.
- To leave it with Him means that we mentally rest in the knowledge that He will do what is best.
- We continue on, faithfully knowing God is at work in our lives, no matter what it may look like.

**Romans 8:28** (NIV) *“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”*

**Matthew 6:9–10** (NIV) *“<sup>9</sup>This, then, is how you should pray: “Our Father in heaven, hallowed be your name, <sup>10</sup>your kingdom come, your will be done, on earth as it is in heaven.”*

**Philippians 4:11–14** (NIV) *“<sup>11</sup>I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup>I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup>I can do all this through him who gives me strength. <sup>14</sup>Yet it was good of you to share in my troubles.”*

## Question: what does it look like to live out the peace of God in your life?

### First: We must have the right expectations of the world we live in.

- Paul writing another letter from a jail cell.
- We were made for a perfect world, but now we live in a broken world.
- Even Christians long for something better.

**Romans 8:18–30** (NIV) *“<sup>18</sup>I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. <sup>19</sup>For the creation waits in eager expectation for the children of God to be revealed. <sup>20</sup>For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope <sup>21</sup>that the creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God. <sup>22</sup>We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. <sup>23</sup>Not only so, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies.”*

**John 16:33 (NIV)** I have told you these things, so that in me you may have peace. In this world you will have trouble. But *take heart!* I have overcome the world.

## **Second: We must understand that we keep on asking and leaving our anxiety at the Lord's feet because of this broken world.**

- Because we are broken, because we have a broken world, because sin is around us, and because we have a spiritual enemy we must continually bring things to the Lord in prayer.

### **The devil's game...**

- The devil loves to place a thought in your mind, and then accuse you for having it.
- His game is to tell you that you can't go to the Lord for help because you have failed Him too many times.
- His game is to get you to believe you are not really a Christian because if you were, you wouldn't struggle.
- God doesn't care, and if He did, He wouldn't allow this.

## **Third: We must remember that God's grace is sufficient, even for our brokenness.**

- We are uniquely shaped for a ministry God has for us. Our areas of struggle make us keenly aware of the struggle of others.
- God's constant grace in our struggle gives us peace.

**2 Corinthians 12:5–10 (NIV)** *<sup>5</sup>I will boast about a man like that, but I will not boast about myself, except about my weaknesses. <sup>6</sup>Even if I should choose to boast, I would not be a fool, because I would be speaking the truth. But I refrain, so no one will think more of me than is warranted by what I do or say, <sup>7</sup>or because of these surpassingly great revelations. Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. <sup>8</sup>Three times I pleaded with the Lord to take it away from me. <sup>9</sup>But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. <sup>10</sup>That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.*

## **So, what does it look like to continue to leave struggles with God, and to live in a peace that passes all understanding?**

- 1. I have the right expectations of life.** I will feel overwhelmed, and life has problems. I may struggle with some things more or less than others.
- 2. I recognize thoughts that do not come from the Lord.** (*God tells me the truth. Worry isn't God's plan*)
  - When I am worrying, filled with anxiety, depressed...
  - When brokenness is a part of my ongoing life...
  - ...I make a choice to give it to the Lord and worship Him for taking it.
- 3. I do not give in to my broken bent.** I choose Jesus as Lord—not my feelings.
  - I spend time with the Lord.
  - I wash in the Word. (**Ephesians 5:26**)
  - I choose to believe what God's word says (*God's perspective*) rather than my own understanding.
  - I share my struggles with my friends, and I help carry their burdens. It helps to take the focus off of yourself and put it on ministering to others.
  - I get counseling, or medical help, if needed.

## **Discussion questions for home, or Life Group:**

- Share with each other what from the sermon was significant to you.

**Read: Proverbs 3:5-6; Mark 4:35-41**

1. Unpack the story. **A)** What do you see Jesus doing? **B)** What do you see His followers doing? **C)** What stands out to you?
2. Identify what can be a worry for you or cause anxiety at this time in your life. Share it if you are willing.
3. How have you seen God work, or what promises has He made, that you have experienced? Help each other remember; spend some time worshipping God and expressing gratitude.
4. How can you lean into God with your concerns this week? **A)** How can you help each other trust God to do His part?

**Practical step:** Each day, take 5 minutes to be aware of what your "worry" is. Take time to worship, express gratitude, and remember a promise from God.

**BONUS:** Read **Philippians 4:7** several times. Write it out. Work to memorize it.