

# PWORDS

PRAISE • PEACE • PRAYER

## 2. PEACE PHILIPPIANS 4:4-9

Mississippi River: Ice - Danger -  
Fear - Difficulties - Frustration -  
Demands - Stress

Some days you may not know  
whether you are coming or  
going—whether life is up or down.  
You may wonder whether to hold  
on or let go.

“Rejoice in the Lord always.  
Again I will say, rejoice! Let your  
gentleness be known to all men.  
The Lord is at hand. Be anxious  
for nothing, but in everything  
by prayer and supplication, with  
thanksgiving, let your requests  
be made known to God; and the  
peace of God, which surpasses  
all understanding, will guard your  
hearts and minds through Christ  
Jesus. Finally, brethren, whatever  
**things** are true, whatever **things**  
are noble, whatever **things** are  
just, whatever **things** are pure,  
whatever **things** are lovely,  
whatever **things** are of good  
report, if there is any virtue and if  
there is anything praiseworthy—  
meditate on these **things**. The  
**things** which you learned and  
received and heard and saw in me,  
these do, and the God of peace  
will be with you” (Philippians 4:4-9  
NKJV).

The key word in this passage is  
the word, *things*. So many things  
confuse, clutter and conflict in life.  
Yet in all the things of life, we *can*  
have peace.

Peace is not the absence of  
problems, but learning to relate  
rightly to God in all things.

Begin with this principle: “Rejoice  
in the Lord” (Philippians 4:4 NKJV).  
Joy in life is in the Lord, not in  
things. God can be trusted. Only  
the Lord can produce real joy in  
you. Joy is a fruit of the Spirit. (See  
Galatians 5:22-23)

Too many want to be happy. But  
the problem lies in trying to seek  
happiness in things. Happiness  
relates to happenstances or  
happenings of life.

Scripture is exceedingly simple  
and clear on this matter.

Here is the principle—joy is in the  
Lord. Let’s review some practices  
or processes that strengthen the  
joy of our lives.

### **Anxiety is the Adversary of Faith**

Anxiety will rob you of joy.

Many people are addicted to  
anxiety in our society! Our word,  
*worry*, comes from the German,  
*worgen*, which means *to strangle*.  
The Greek means to *pull apart*.  
Too many people live with internal  
tension and strangulation.

Some worry about the past. If  
you drive looking in the rear-view  
mirror, you are sure to have a  
head-on collision.

Others worry about the future.  
Much worry centers around fear  
that things are not going to turn  
out the way you desire.

Here are several things we must  
not overlook:

**Anxiety is wasteful.** Anxiety  
never solves a problem or dries  
a tear; it simply destroys the  
moment.

*For every problem under the sun,  
there either is a solution  
or there is none.  
If there be one, seek till you find it  
and if there is none,  
never mind it.*

Don’t let worry waste the resource  
of your life.

**Anxiety is harmful.** Hospital beds  
are filled with those whose bodies  
have borne the tread-marks of  
worry. Psychiatric wards are filled  
with those addicted to worry.

**Anxiety is sinful.** “Whatever is  
not from faith is sin” (Romans  
14:23 NKJV). This is not a  
suggestion, but a command. God  
warns us against worry.

“There is no panic in heaven, only  
plans.” —C.T. Boom

### **Anxiety Must Be Addressed With Prayer**

“Be anxious for nothing, but  
in everything by prayer and  
supplication, with thanksgiving,  
let your requests be made known  
to God; and the peace of God,  
which surpasses all understanding,  
will guard your hearts and minds  
through Christ Jesus” (Philippians  
4:6-7 NKJV).

You cannot remove the anxious  
moments of life, but you can  
choose how you address them.

“everything”—Nothing is too big or too small. All is the same to God.

Prayer is the “power line” of the Christian life. We do not generate power; we plug into it.

When we recognize that all power is generated in the presence of God and we take advantage of our unlimited access to His presence, we begin to enjoy the peace He provides.

*What a Friend we have in Jesus,  
All our sins and griefs to bear!  
What a privilege to carry,  
Everything to God in prayer!  
O what peace we often forfeit,  
O what needless pain we bear,  
All because we do not carry,  
Everything to God in prayer!*  
—Joseph Scriven

“If we do not come apart, we will come apart.” —Dr. Vance Havner

Prayer will turn a “worrywart” into a positive person. Whether your need is big or small, take it all to Jesus. What could possibly be big to God?

### **Anxiety is Alleviated Through Thanksgiving**

We live in a world full of pain medications. There was aspirin, then Tylenol and Ibuprofen—a variety of brand names. There’s Aleve, a name that suggests something that will alleviate, reduce and relieve tension.

When we come to God, we are not to be so consumed with our petitions that we overlook the greatness of His person.

Cultivate an attitude of gratitude. So much of our struggle is wrapped up in our own discontentment.

Thankfulness is a vital and delicate virtue to cultivate in the Christian life.

Everything in life is not good, but God is good in all things.

“In everything give thanks; for this is the will of God in Christ Jesus for you” (1 Thessalonians 5:18 NKJV).

Focus on God and His goodness in everything that happens to you.

### **Anxiety is Aggravated Through Bad Thoughts—Thought Patterns**

We are what we think—garbage in, garbage out.

“For as he thinks in his heart, so is he” (Proverbs 23:7 NKJV).

“And even as they did not like to retain God in their knowledge, God gave them over to a debased mind, to do those things which are not fitting” (Romans 1:28 NKJV).

“Whose minds the god of this age has blinded, who do not believe, lest the light of the gospel of the glory of Christ, who is the image of God, should shine on them” (2 Corinthians 4:4 NKJV).

“This I say, therefore, and testify in the Lord, that you should no longer walk as the rest of the Gentiles walk, in the futility of their mind” (Ephesians 4:17 NKJV).

God’s Word is the protective helmet of your mind. That is why you need to know your Bible in order to recall Scripture when life gets tough.

“I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable

to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God” (Romans 12:1-2 NKJV).

“And have put on the new man who is renewed in knowledge according to the image of Him who created him” (Colossians 3:10 NKJV).

How do you control your thoughts? By making a list of the things you don’t want to think about and reviewing it regularly? No! By occupying your mind with Scripture. The mind is the strategic fortress for every battle in life.

Don’t let Satan have your mind through accusation or anxiety, but let your mind be occupied with the Word and the truth of God.

### **Anxiety is Best Absorbed in Good Works**

“The things which you learned and received and heard and saw in me, these **do**, and the God of peace will be with you” (Philippians 4:9 NKJV).

“do”

Work is a wonderful cure for worry.

Impression without expression leads to depression. There are some who are depressed in the kingdom because they have no expression.

We are not saved by good works, but we live unto good works.

“For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them” (Ephesians 2:10 NKJV).

As you do what is right and good,  
the peace of God will guard and  
guide you.

Some want to sit and wait. No. Go  
and see how God will direct your  
life.

You prove God's strength,  
sufficiency, and satisfaction in your  
life when you do His will and trust  
Him with the outcome.

"Fear not, for I am with you; be  
not dismayed, for I am your God.  
I will strengthen you, yes, I will  
help you, I will uphold you with My  
righteous right hand" (Isaiah 41:10  
NKJV).

Peace is not the absence of  
problems, but learning to relate  
rightly to God in all things.

The way to confidence in all the  
circumstances of life is learning  
to live by the principle of rejoicing  
in the Lord in all your ways and  
trusting Him in all things.