

Philippians 4

I have entitled today's sermon, "The peace of God"

Let us stand for the reading of God's Word

Phil. 4:6-9

Let us pray

You may be seated

There is a sin here. Vs. 6

That little phrase means, do not be ANXIOUS.

The meaning is, "Have no distressing anxiety about anything.

Do not be anxious about anything in this life.

Do not worry. Worry is a sin.

The gnawing of anxiety which tears the heart apart and wearies the mind.

When we are anxious or worry, we dishonor God.
It is a distrust in God.

There is to be such confidence in God as to free the mind from anxiety.

Such a sense of dependence on God as we talk to Him that keeps us calm.

This anxiousness, worry, fret, nervous, tense, restless, whatever you want to call it.

It affects us.

It corrodes the mind, sours the heart, and influences the whole system.

If continued, we are distracted, depressed, suicide.

There is no end to the effects of this sin.

We are not to allow ourselves to be pulled in different directions.

When the winds blow, the trees will move.

When the boat is on the water, it feels the waves.

What I am saying is that the storms and the waves and anxieties are real.

If I said, do not worry and that was it and that was all.

It is like telling someone whose house was just blown to smithereens by a tornado who had no insurance to cheer up my friend it will be alright.

Be anxious for nothing, what kind of trivial medication is this?

What kind of Bible psychology is this?

Look at what God says,
God gives the cure/ remedy?

BUT

Here is the counsel for us.

How can we conquer this sin?

Vs. 6

Go to God first.

There are only 1 alternative.

There is only one way out of the woods, and it is this way.

If a man does not pray about everything, he will be worried about most things.

If he does pray about everything, he will not be troubled about anything.

The heart is never empty.

If not full of God, it will be full of the world, and of worldly cares.

Someone said that our hearts are like a couple of millstones; if you don't put something between them to grind, they will grind each other.

It is because God is not in our hearts that the two stones rub the surface off one another.

So the victorious antagonist of anxiety is trust.

The only way to turn gnawing care out of my life is to usher God into it.

Make our requests known unto God.

He is our friend, able and willing to bear our burden and supply all our need. Vs. 19

We can learn to be content. Vs. 11

Everything that harasses us can be unloaded and disburdened into the bosom of God.

1 Peter 5:7 Casting all your care upon him; for He careth for you.

Psalms 55:22 Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

Care or prayer, which one? (pulling down upon myself or pushing upwards)

By prayer – we appeal to God.

When we find ourselves worrying/anxious, we ought to pray.

Moses is encamped by the Red Sea.

The Sea was in front and the Egyptians behind.

Nowhere to go, between a rock and a hard place.

All the people could see was bad but God said for us to live by faith and not by sight.

So Moses prayed and the Sea divided.

Stop worrying and do what? Pray.

We must realize that God is big enough to solve our problems or strong enough to carry us through.

By the way, who wrote this letter to the Philippian believers? Paul

And where is he writing from? Prison

In **everything**, we are to pray.

In every matter, we are to talk to God.

In the small and large, take it to God.

Whether it is a gnat or an elephant in our life.

because a multitude of little pimples may be more dangerous than one large ulcer.

If a thing is great enough to threaten to make me anxious, it is great enough for me to talk to God about it.

God and I should be on terms of friendship and intimacy of communication.

and that, as naturally as men, when they come home from work, like to tell their wives and children what has happened to them since they left home in the morning, so naturally we talk to our Friend about everything that concerns us.

In everything, let our requests be made known unto God.

That is the wise course.

In everything, PRAY – general word -

It is meaningful prayer.

When was the last time we prayed a meaningful prayer?

Some of us toss up words to God like we toss out the trash.
Many of us pray and it is from habit and we fail to really speak to God.

We wonder why God has not helped or why things are the way they are?

We do not pray!

The prayer of silent submission, in which I bow myself and the will bows itself before God.

The prayer of quiet trust, in which we do not so much asking as we do cleave;

Pray with adoration - God you are good!

With devotion - I really love you and I want to serve you.

With worship - Praise God from whom all blessings flow.

A ship beats against the waves and winds but inside the hull, it is dry, and inside the heart we can be at perfect peace and rest.

The other night the storms were bad and the lightning fierce, but when I turned on the lights my dear friends, I could no longer see the lightning as well.

Supplication – earnest sharing of our needs and problems.

Prayer and supplication are mentioned together in other Scriptures.

Ephesians 6:18 Praying always with all prayer and supplication in the Spirit,

Supplication is a stronger term than prayer.

This is a special kind of prayer.

This is the way Jesus prayed in the garden. Hebrews 5:7 said When Jesus had offered up prayers and supplications with strong crying and tears.

Too many times, we are sleeping disciples and not praying disciples.

Could we not pray for one hour?

Nehemiah prayed earnestly. He cried and confessed the sins.

Do we pray earnestly?

God expects us too.

And when we pray, the cares that infest the day shall fold their tents and silently go away.

God wants us to pray with **thanksgiving**.

This is the right state of the heart!

Thanksgiving is in direct opposition to worry and being anxious.

Surgery, death, financial stress, tests and exams, NO matter

Paul was in this very city when he was arrested and cast into prison, and the Bible says

Acts 16:25 And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them.

In prison and He is Praising God.

We are to be appreciative.

We teach our children to say Thank You.

We are of a give me and unthankful generation.

Eph. 5:20 giving thanks for all things.

1 Thessalonians 5:18 In everything give thanks: for this is the will of God in Christ Jesus concerning you.

God enjoys hearing his children say, Thank You.

When Jesus healed the 10 lepers only 1 of the 10 returned to give thanks.

We are eager to ask but slow to appreciate.

One aching nerve can monopolize our attention and make us unconscious of the health of all the rest of the body.

So, a single sorrow or loss obscures the many mercies of God.

We are like men who live in a narrow alley in New York City, with great buildings on either side, towering high, with only a strip of sky visible.

If we see up in that strip a cloud, we complain and behave as if the whole heavens are cloudy.

But we see only a little strip, and there is a great deal of blue in the sky, my dear friends.

Prayer is the remedy for care.

We are distinctly invited to bring our anxieties to God.

Let your request be made known unto God.

Without reserve.

Don't keep anything back.

Express to Him. Express not to men.

Do not fly to the arm of flesh first.

Afterwards sure but to God first.
God requires that we come to Him.

Be anxious for nothing—an impossibility unless 'in everything' we make 'our requests known unto God.'

Instead of anxiety, just lay the case before God, and trust Him to do all things well.

To keep ourselves free, as far as may be, from worldly anxieties, as the **area** of prayer **advances, that of worry recedes.**

Psalms 34:4-5 I sought the LORD, and he heard me, and delivered me from all my fears. They looked unto him, and were lightened:

The failure to pray is the reason of much unconquered anxiety.

If we tell our troubles to God, we put them into the grave.

If we roll them anywhere else, they will roll back again like the waves of the ocean.

We must cast our troubles where we have cast our sins.

When we do what God said for us to do,

Look at what prevails in us. Vs. 7

THE RESULT.

Vs. 7 The Peace of God.

The peace which God gives.

Sweet Peace.

It is a Surpassing Peace.

This peace passeth human understanding or reasoning.

The peace that the world understands not, nor knows of.

Oh, I have seen it and I have witnessed it in the people of God.

It surpasses all that men can conceive or imagine.

No one can comprehend it.

This peace is of the highest possible kind.

No doctor, no medicine and no priest, nothing can impart such peace to the soul as God can.

God's peace shall what?

KEEP

This word Keep is a military term.

It means to guard our hearts and minds like a fort is guarded.

We are preserved from the intrusion of anxious fears and alarms.

Hearts and Minds is comprehensive. All encompassing.

The heart is the wrong feelings and the mind is wrong thinking.

This Peace is the soul's guard against all that comes from within and without/
inward terrors and outward troubles.

People surround themselves with locks at night so they can sleep peaceably.

Christians are kept and guarded and secured by the peace of God, and it is better than any security lock or system.

Now I lay me down to sleep,

I pray the Lord my soul to keep, to guard.

This peace shall keep us from anxiety and agitation.

The idea is, that by us making our requests known to God, and going to Him, we would be preserved from distressing anxiety.

The way to find peace, and to have the heart kept from trouble, is to go to God.

He keeps the person from fear and fears.

There can be no fear of man, no fear of the world, no fear of death, no fear of hell in the person where the peace of God dwells.

Guard our hearts and minds through Christ Jesus. Vs. 7

Through the assistance of Christ Jesus.

It is only in Christ that the mind can be preserved in peace.

God never wanted us to lose sight of the truth, that all the security, peace and happiness of a believer were to be traced to the Savior.

It is by Christ Jesus.

The continuous source of this peace. "In Christ Jesus."

He is the propitiation for sins; therefore He brings peace as the Savior.

Christ is the medium through which the possibility of peace came at first.

Romans 5:1 Therefore being justified by faith, we have peace with God through our Lord Jesus Christ:

Christ is the channel through which it flows, at present.

He is the Prince of Peace; therefore He is the delight of all His subjects.
He is THE CHANNEL THROUGH WHICH IT COMES.

He is our peace.

John 14:27 Jesus said, Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

It is God's peace.

We are supposed to let the peace of God rule our minds and not worry.

Accordingly, it is only when we are *(anxious for nothing and prayerful in everything) that we may expect to experience Divine peace.

"Thou wilt keep him in perfect peace whose mind is stayed on thee". [[Isa 26:3](#)]

This peace can come and go, as the word signifies, garrison or stand sentry before the heart or mind, so as to prevent the intrusion of disturbing or disquieting thoughts.

1. WHAT PREVENTS OUR POSSESSING this peace? anxiety and worry.

2. HOW do we obtain this peace? By *prayer* and *supplication*, with *thanksgiving*.

By turning our cares into prayers, we throw them upon Him who gives us in return His peace.

3. WHAT DOES His peace do FOR US? It keeps our hearts and minds, preserving and protecting them from undue anxiety.

He who climbs above the anxieties of this world by turning his face to God, has found the sunny side of life.

Dust, by its own nature, can rise only so far above the dirt road; and birds which fly higher never have dust upon their wings.

So the person that knows how to fly escapes those little and big vexations which brood upon the earth

John 16:33 These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

This peace comes by putting all cares/worries/anxieties in the hands of the ONE who is able.

Invitation

Let us stand for closing invitation

There is no peace, saith my God, to the wicked," but there is peace when he forsakes his evil way and turns to the Lord.

Make peace with God and then we can experience the peace of God.

Having received him who is our Peace, [[Eph 2:14](#)]

The effects of this peace. "It shall keep your hearts and minds in Christ Jesus."

If the memory of his old sins comes to disturb the tranquility of his conscience

The abiding source of this peace. "In Christ Jesus."

And here again the possession of peace will prevent the rising or entrance of that into the soul which would throw it back again on hopelessness and despair.

Colossians 3:15 And let the peace of God rule in your hearts,.... and be ye thankful.

ROD

"Great peace have they that love thy Law". [[Ps 119:165](#)]

For to be spiritually minded is life and peace" [[Ro 8:6](#)]

Shall keep; in a state of joyous composure and security.

The original word means, keep as a military watch.

its calm blessedness transcends the reach of human thought; it can be known only by the inner experience of the believer.

The peace of God abiding in the heart is a sure and trusty garrison, guarding

- That calm, heavenly repose, that tranquility of spirit, which God only can give. Which surpasseth all understanding –

THE DIVINE CURE. Christ taught us to conquer earthly anxiety in two ways, by trusting in our heavenly Father, [[Mt 6:32](#)] and by transferring our anxiety to more worthy objects.

Matthew 6:32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. **Matthew 6:33** But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Matthew 6:25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

It is the same word which Christ employed in the exhortation 'Take no thought for tomorrow. Matt. 6:34

To Fuss and get worked up about tomorrow.

Matthew 10:19 But when they deliver you up, take no thought how or what ye shall speak: for it shall be given you in that same hour what ye shall speak.

Luke 10:39-42 And she had a sister called Mary, which also sat at Jesus' feet, and heard his word. But Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me. And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things: But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.