

Keys to Living in Peace

Phil 4:6-9

Feb 28, 2021

Phil 4:6-9 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. 8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. 9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

Be anxious for nothing

anxious = to have an anxious concern, based on apprehension about possible danger or misfortune.

Mt 6:25 "do not be worried about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on.

Mt 6:27 "And who of you by being worried can add a single hour to his life?

Mt 6:28 "And why are you worried about clothing?

Mt 6:31 "Do not worry then, saying, 'What will we eat, drink, or wear?'

Mt 6:34 "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own. (Mt 6:25-34)

Fear produces anxiety!

366 times in the Bible God says "fear not!"

Jn 14:27 Do not let your heart be troubled, nor let it be fearful

The external problem is rarely the problem. What we think is the problem most of time is not the core problem. The core problem is our fear. The problem in nearly every conflict is that something touched each person's core fear. We wrestle with a core fear.

My core fear is that I feel: [From The DNA of Relationships (by Dr. Gary Smalley; chapter 3)]

1. Helpless, powerless, impotent, or controlled.
2. Rejected, as if people are closing me out of their lives.
3. Abandoned or left behind, as in divorce.
4. Disconnected from others or alone.
5. Like a failure.
6. Unloved, as if no one could love me.
7. Defective, as if something is wrong with me, as if I'm the problem.
8. Inadequate, as if I just don't measure up to others like I should.
9. Pained both emotionally and physically.
10. Hypocritical or like a phony.
11. Inferior, as is as if I'm being placed below everyone else in value (belittled).
12. Cheated or ripped off or taking advantage of.
13. Invalidated, as if my words and actions are being ignored or devalued.
14. Unfulfilled, as if what is happening to me will lead to a dissatisfied life.
15. Humiliated, as if I have no dignity or self respect.
16. Manipulated, as if others are deceiving me.
17. Isolated, as if others are planning to ignore me.

The remedy to anxiety and fear is prayer

"Peace is the fruit of believing prayer" (MR Vincent).

We are to take everything to God in prayer.

“There is nothing too great for God’s power; and nothing too small for his fatherly care.” [Barclay]

When we pray, we must remember 3 things:

We must remember the love of God - Who only desires what is best for us.

We must remember the wisdom of God - Who alone knows what is best for us.

We must remember the power of God - Who will bring about what is best for us.

Four words used for prayer

Prayer (proseuche) refers to special times of prayer, set times of devotions and worship.

Supplication (deesis) refers to prayers that focus upon special needs - we pour out our soul to God and lay out our needs before Him as a child, crying, pleading and begging for His help, comfort, deliverance, and peace.

Thanksgiving (eucharistia) - we thank and praise God for all that He is and for all that He has done.

Requests (aitemata) refers to specific, definite requests - our praying is not to be general, but specific.

“In everything” – means – to pray all day long as you walk and move about your daily activities. (Mt 7:7; 26:41; Lk 18:1; Eph 6:18; 1Thes 5:17)

We pray in times that are specifically set aside - for devotion and worship.

We supplicate - we struggle in prayer when facing times of deep and intense need.

We offer thanksgiving and praise - often, throughout the day.

We make specific requests to God - asking Him to do specific things for us and others.

The promise of peace

And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus (v. 7)

Guard = is a military word meaning to garrison, to keep guard and protect.

The peace of God is like the most elite soldier who guards and protects the most precious possessions of God, the believer’s heart and mind.

Jn 14:27 “Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful. (Jn 16:33; Rom 5:1; 8:6; 14:17; Gal 5:22-23)

Peace is the result of being discipline in your thinking (4:8).

Phil 4:8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

Rom 8:6 For the mind set on the flesh is death, but the mind set on the Spirit is life and peace,

2Cor 10:5 We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ,

2Cor 10:4-5 for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. 5 We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ,

“dwell on these things” dwell (logizesthe) = to think about something in a detailed and logical manner; to consider, reflect, reason, and ponder.

Rom 12:2 And do not be conformed to this world, but be transformed by the renewing of your mind,
(see also Eph 4:23-24; Col 3:10)

What we think is what we become.
Where we have kept our minds is where we are.
Our thoughts shape our behavior.
What we do is what we think.

Think on these 6 things:

1. Things that are true (alethe) real and genuine.
The enemy tries to fill our minds with things that are false, lies, counterfeit and fearful.
2. Things that are honorable (semna) honest, worthy, revered, highly respected and noble.
Barclay says, “The word really describes that which has the dignity of holiness upon it. There are things in this world which are flippant and cheap, things which are attractive to the light-minded; but it is on the things which are grave and serious and dignified that the Christian will set his mind.”
3. Things that are right (diakia) right and righteous behavior.
It has to do with right behavior towards man and God.
4. Things that are pure (hagna) morally clean, spotless, stainless, chaste, undefiled, free from moral pollution, filth, dirt, and impurities.
5. Things that are lovely (prospile); it could be paraphrased as “that which calls for love.”
There are those whose minds are so set of vengeance and punishment that they call forth bitterness and fear in others. There are those whose minds are so set on criticism and rebuke that they call forth resentment in others. The mind of the Christian is set on lovely things – kindness, sympathy, forbearance – he is a winsome person, whom to see is to love. (Barclay)
6. Things that are of good repute (euphema) reputable, worthy things, things of the highest quality.
It literally means fair-speaking; it describes the things which are fit for God to hear.

These six objects of thought are then described as excellent and praiseworthy.

7. Things that are excellence (arete); things that are good
8. Things that are worthy of praise; things that are worthy of praising God.

The promise of peace

Phil 4:9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

Practice the things - learned, received, heard, what you have seen in me.