

Introduction:**I. Peace on the Outside** (Phil 4:1-5)**A.** Therefore, my brothers (v. 1)

1. Vertical peace
2. Horizontal peace

B. Therefore, my sisters (v. 2-3)

1. What is to be our manner of thought? (Phil 2:2-3, 5-8)
2. When we are not focused on loving God and loving others it always gets us into trouble.
3. The responsibility of the church: *Help one another* (biblical counseling/discipleship)

C. Rejoice in the Lord and be considerate with one another (vv. 4-5)**II. Peace on the Inside** (Phil 4:6-9)**A.** The negative command: "Be anxious for nothing" (v. 6a)

1. What is anxiety?

- a) The world's definition of anxiety: "a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome" (*Oxford English Dictionary*)

(1) Psychologic explanations

- (a) "A mental condition"
- (b) "Generalized anxiety disorder" (the danger of "labels")

(2) Physiologic explanations – we are a material and immaterial being

- b) Biblical definition: "excessive preoccupation over something in the future due to a lack of trust and reliance on God"

(1) Anxiety – something that they were actively doing (Matt 6:25, 31-34)

(2) The term *can* be used for *appropriate* concern or care for one another, or God's will as expressed in His Word (Phil 2:19-20).

- (a) It's good to be concerned about many things in life
- (b) Appropriate concern involves appropriate valuation and prioritizing (Luke 10:38-42)

(i) Wrong focus

(ii) Wrong priorities (Matt 6:31-33)

(3) Associated effects of anxiety

- (a) "distracted" (Luke 10:40)
- (b) "bothered" (Luke 10:41)

2. What should we be anxious for? *Nothing!*

3. Why should we "be anxious for nothing"?

- a) Because God is God, sovereign, omniscient, omnipotent, good, love, trustworthy, and self-sufficient.
- b) He has given us everything we need for life and godliness in His sufficient Word.

- c) We trust God and we live by faith.
- B. The positive command: “Let your requests be made known to God” (v. 6b)
 - 1. Three synonyms for going to God (crying out to God) – but crying out for His will to be done
 - a) Prayer – a general term for talking to God
 - b) Petition – supplication, specific or particular needs, personal entreaties
 - c) Requests – a thing asked for, petitions (John 5:14-15)
 - (1) Submission – praying according to God’s will, in humility
 - (2) Trust – Believing that what God has in store is good and best
 - 2. With thanksgiving
- C. The result: God’s peace (v. 7)
 - 1. Peace of God (v. 7a) – “which surpasses all comprehension” (Isa 26:3-4; 1 Pet 3:15)
 - 2. What God’s peace does (v. 7b): “Will guard your hearts and minds in Christ Jesus”
- D. Consider these things (v. 8)
 - 1. Whatever is true (John 14:6; 17:17; Eph 4:21)
 - 2. Whatever is dignified (Col 3:2; 1 Tim 3:8, 11; Titus 2:2)
 - 3. Whatever is right (2 Cor 5:21)
 - 4. Whatever is pure
 - 5. Whatever is lovely
 - 6. Whatever is commendable
 - 7. Any excellence
 - 8. Anything worthy of praise
- E. Practice these things (v. 9a)
 - 1. Things you have learned – from being discipled
 - 2. Things you have received – by the power of the Holy Spirit
 - 3. Things you have heard – from the preaching and teaching of God’s Word
 - 4. Things you have seen in me – as an example of Christlikeness
- F. The result: the God of Peace will be with you (v. 9b)

Conclusion:

Trust Him. Seek His will and not your own. Focus and meditate on who God is – His perfections.