

“Keys To Experiencing The Peace Of God, Part 2”

Philippians 4:4-9

Sermon Series: “Joy Invincible”

- 1. We experience the peace of God by choosing to rejoice in the Lord.**
- 2. We experience the peace of God by treating people with gentleness.**
- 3. We experience the peace of God by praying biblically.**

A. We are to repent of being anxious.

B. The conviction that underlies it is that we live in the presence of God.

C. Prayer is to include worship.

D. Prayer is to include asking God to meet our needs. Genuinely trusting Him is a tremendous antidote to anxiety. George Muller said, “The beginning of anxiety is the end of faith, and the beginning of true faith is the end of anxiety.”

Gary Collins writes, (contrasting anxiety in the form of realistic concern with it as fret and worry) “Anxiety as fret and worry comes when we turn from God, shift the burdens of life on to ourselves and assume, at least by our attitudes and actions, that we alone are responsible for handling problems. Instead of acknowledging God’s sovereignty and power, or seeking his kingdom and righteousness first, many of us...slip into sinful self-reliance and preoccupation with our own life pressures.”

E. Prayer is also to include thanksgiving. Counting our blessings and thanking God for them is a great exercise to reduce anxiety. It helps us to focus on what we have instead of what we don’t have, which is one of the leading causes of anxiety.

4. We experience the peace of God by thinking carefully (v. 8).

-We are told to meditate on these things. We are going to be meditating on something and it is going to direct our lives. Explain meditation (Psalm 1:2, Joshua 1:8, Isaiah 26:3).

Why is this so important?

A. Our thoughts control our lives (Proverbs 23:7a).

Gary Collins says, “It doubtless is true that people become what they think about.”

Craig Groeschel says, “Your life will always move in the direction of your strongest thoughts.”

“The battle for your life is won or lost in your mind.”

“Your thoughts will control you, so you have to control your thoughts.”

Neil Anderson says, “If what we think does not reflect truth, then what we feel does not reflect reality.”

B. Knowing the truth is the key to us experiencing the freedom we were saved for (John 8:31-32).

Here are some ideas adapted from Rick Warren that I think are true:

- All behavior is based on a belief (Hebrews 3:16-19).**
- Behind every sinful behavior, there is a lie I believe (Genesis 3).**
- Therefore, change always starts in the mind.** In other words, we live differently by thinking and believing differently.
- The key to changing our feelings and behavior is changing our beliefs and thinking by replacing the lies with truth.**

C. Changing our thinking is the key to changing our lives (Romans 12:2). So, how can we change the way we think?

How do we change our thinking?

A. Freeing our minds from destructive thoughts (2 Corinthians 10:3-5). We are told to take thoughts that are not from God captive to the obedience of Christ. Here are some key convictions in doing this:

- I don't have to think what I am thinking.**
 - I don't have to believe what I am thinking.**
 - I don't have to do what I am thinking.**
 - I don't have to say what I am thinking.**
 - I don't have to post what I am thinking.**
- (Idea of writing down wrong thoughts and God's truth to replace them with)

B. Feeding our minds with truth (Matthew 4:4).

C. Focusing our minds on right things (Philippians 4:8).

D. Fixing our minds on the Lord Jesus (2 Corinthians 3:18, Hebrews 12:1-2).

5. We experience the peace of God by living obediently (v. 9).

Conclusion: 2 Corinthians 4:3-6