

## **“Keys To Experiencing The Peace Of God”**

### **Philippians 4:4-9**

#### **Sermon Series: “Joy Invincible”**

**Introduction:** I’m confident in making three statements that are true of all of us:

1. We all have stress in our lives.
2. Sometimes we become anxious when dealing with stress.
3. All of us desire peace.

-Talk about the exegetical issues and difference of opinion among Bible commentators and where I landed and that we are going to look at these five commands that I think work together to produce peace over the next two weeks

#### **1. We experience the peace of God by choosing to rejoice in the Lord (v. 4).**

**A. To rejoice is a choice.**

**B. It is an action, not an emotion, although emotion may follow emotion.**

**C. Joy is in Jesus and not our circumstances (Paul’s example).**

**D. We are commanded to continually rejoice, but this does not preclude us from being sad.**

James 1:2-3, 1 Peter 1:8-9, Habbakkuk 3:17-19

#### **2. We experience the peace of God by treating people with gentleness (v. 5).**

**3. We experience the peace of God by praying biblically (v. 6-7).** I say it this way to emphasize that there is more to this than just praying one time, “God, take my anxiety or worry away,” and it never happening again. Here is the biblical process of prayer that the Holy Spirit gives through the Apostle Paul in these verses:

**A. We are to repent of being anxious.** There is a command to stop being anxious. The Greek word translated anxious could also be translated worry so they mean the same thing. The tense indicates that the Philippians had been habitually doing this, and Paul was telling them to stop. John MacArthur writes, “Fret and worry indicate a lack of trust in God’s wisdom, sovereignty, or power.”

**B. The conviction that underlies it is that we live in the presence of God (Matthew 6:25-34).** This comes from the fact that the Greek preposition translated “to” (God) literally means “in the presence of God.”

**C. Prayer is to include worship.** That is the meaning of the Greek word translated “prayer” in verse 6. It means worship and devotion. It fits with the command of verse 4. When we focus on who God is and worship Him accordingly, it makes our problems look different and does something in our hearts.

**D. Prayer is to include asking God to meet our needs.** Genuinely trusting Him is a tremendous antidote to anxiety.

**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.

**F. The result is a peace that goes beyond human understanding and guards our hearts.** This is supernatural (Galatians 5:22).

**Conclusion:** Are you at peace with God (Romans 5:1-2)? We can't have the peace of God until we are at peace with God. Are you consistently experiencing the peace of God in your life? We want peace. Are we willing to obey these commands so we can experience the peace of God?