

Peace

Philippians 4:4-9

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. John 14:27 (New International Version)

Paul supplies **five strategies** believers can employ to successfully handle stress or anxiety and replace it with peace.

- **Strategy #1: KNOW THE DIFFERENCE BETWEEN WORRY AND CONCERN.**

Don't worry about anything . . . Philippians 4:6a (New Living Translation)

“Worry” = “Anxious expectation”

Besides everything else, I face daily the pressure of my concern for all the churches. 2 Corinthians 11:28 (NIV)

Therefore, I am all the more eager to send him, so that you may be glad and I may have less anxiety. Philippians 2:28 (NIV)

A legitimate concern becomes worry when . . .

- . . . it begins to dominate my life, becoming all-pervading.
- . . . it begins to destroy my perspective, taking away my joy.
- . . . it produces nothing.

Jesus: “*Can all your worries add a single moment to your life?*” Matthew 6:27 (NLT) [Of course not.]

Jesus: “*So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.*” Matthew 6:34 (NLT, 1996)

- **Strategy #2: REPLACE WORRY WITH PRAYER.**

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Philippians 4:6 (NLT)
Always be full of joy in the Lord. I say it again—rejoice! Philippians 4:4 (NLT)

. . . give thanks in all circumstances, for this is God's will for you in Christ Jesus. 1 Thessalonians 5:18 (NIV)

- **Strategy #3: MONITOR WHAT YOU ARE THINKING AND CHOOSE THINKING THAT IS CONSISTENT WITH GOD'S TRUTH.**

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:8 (NIV)

. . . meditate on these things. (New King James Version)

. . . fix your minds on them. (Amplified Bible)

- **Strategy #4: BE ACTIVE.**

Keep putting into practice all you learned from me and heard from me and saw me doing, and the God of peace will be with you. Philippians 4:9 (NLT, 1996)

- **Strategy #5: RECEIVE HIS PEACE.**

And God's peace, which is far beyond human understanding, will keep your hearts and minds safe, in union with Christ Jesus. Philippians 4:7 (Good News Translation)

“Peace” = inner sense of calm and serenity that comes from God

“Will keep your hearts safe” = a military term picturing God's peace as a detachment of soldiers “standing guard over” a city so as to protect it from attack

A BIBLICAL B.A.S.E. FOR MY LIFE

- **Believe** Jesus Christ died on the cross for me and showed He was God by coming back to life. (Romans 10:9; 1 Peter 3:18)
- **Accept** that, though I deserve eternal punishment for my sins, God offers me free forgiveness through Christ. (Ephesians 2:7-8)
- Tell God I'm truly **sorry** for my sins and want Him to change my life. (Acts 3:19)
- **Express** my commitment to Christ, inviting Him to be Lord of my life. (John 1:12)