

Philippians

CHAPTER 4:6,7

Lesson 14

Thus far in Philippians we have examined *living for Christ* in chapter 1, the *mind of Christ* in chapter 2, and *knowing Christ* in chapter 3. Now in chapter 4 we will observe the *peace of Christ*. *Peace* of mind is one of those intangibles that everyone wants, yet few possess. Man's search for *peace* has led him to drugs, to alcohol, to self-help courses, to food, to anything or anyone that will keep him from anxiety and fear. The Bible also addresses the subject of *peace*. The word *peace* is used nearly 400 times in Scripture. In this lesson, we will study this intangible state of being which God has made available for those who belong to Him. Philippians 4:6 tells us what to do with our anxiety. Philippians 4:7 tells us God's promised result of obedience to Philippians 4:6. How wonderful that God not only sees our desire for *peace*, but also provides for us the means by which to obtain it. May the truths of these two verses penetrate your heart and mind as you apply them and reap the *peace* God intends for you.

Read Philippians 4

1. As we studied Philippians 1-3, we discovered that Paul's teaching revolves around Jesus Christ. He is our reason for living, He is our example for living, and He is the One who will transform our lives. Although chapter 4 is the most practical chapter in Philippians, Paul's instructions are not without pointing to Jesus as the focus behind all that we are to do. Notice that following many of Paul's instructions, phrases like *in the Lord* or *through Christ Jesus* or *by Christ Jesus* are used. Read through chapter 4 and mark each reference to Jesus Christ. Be sure to include any references to Christ such as *Lord* and any personal pronouns such as *Him*, *Himself*, *He*, or *His*.
 - a. Make a list of what the chapter reveals about Jesus Christ (find each reference you marked and record what it says about Him). As you list each point, use at least one word from the text. Following the example, record the verse reference in parenthesis after each item in your list. We have provided the first one for you.
 1. Beloved brethren...stand fast in the Lord (1)

2. Read through Philippians 4 again, this time marking any references to *God the Father*.
 - a. Make a list of what chapter 4 declares about *God the Father*, recording the verse reference in parenthesis after each item in your list.

Grace, mercy, and peace from God our Father and Jesus Christ our Lord.
- 1 Timothy 1:2

Read Philippians 4:6

1. Philippians 4:6 begins with a negative command, a command to *not* do something. What does Paul instruct believers *not* to do?
 - a. List some synonyms for the word *anxious* (*worry*).

 - b. List some antonyms (opposites) for the word *anxious* (*worry*).

2. Being anxious or worrying is a struggle not exclusive to the Philippians. Look up the following verses and record from each verse why we do not need to worry:
 - a. Psalm 127:2

 - b. Matthew 6:25

 - c. Matthew 6:34

 - d. Matthew 10:19

3. Worrying is a statement of what we think about a situation. What are we saying when we worry?

4. Summarize the key points of the following quotations:

- a. If we worry, we can't trust. If we trust, we can't worry.
- b. Care admitted as a guest quickly turns to be master (C.N. Bovee).
- c. It is distrust of God to be troubled about what is to come; impatience against God to be troubled with what is present, and anger at God to be troubled for what is past (S. Patrick).
- d. Worry is an indication that we think God cannot look after us (Oswald Chambers).

Read Philippians 4:6

1. Paul did not stop at simply instructing believers to *be anxious for nothing*. He supplies an answer. According to Philippians 4:6 what is the antidote for worry?

a. We are to *make our requests known to God through prayer and supplication, with thanksgiving*. Notice the order. *Prayer* speaks of prayer offered to God as an act of worship and devotion. Why is it good to begin prayer with worship?

b. *Supplication* speaks of bringing specific requests to God. Just as we are to be *anxious for nothing*, what does Philippians 4:6 say we are to pray about?

1.) 1 Peter 5:7 also encourages us to *cast all our care upon Him*. Why does Peter tell us we can do that?

2.) How does knowing God *cares for you* help you to be confident in praying about *everything*?

2. What do the following verses say about God's response to prayers?
 - a. Psalm 34:4
 - b. Psalm 55:22
 - c. Psalm 116:1-8

3. What other ingredient is to accompany our prayers according to Philippians 4:6?
 - a. Read Ephesians 5:20 and Colossians 3:17. What do these verses add to the exhortation to *give thanks*?

4. What does *thanksgiving* reveal about the following?
 - a. Trust in God
 - b. Faith in God
 - c. Appreciation

Challenge: If anyone had reason to worry, it was Paul. Scan through Philippians and list some of the things Paul could have worried about.

5. What is the *confidence* we can have regarding prayer according to 1 John 5:14,15?
 - a. How do these verses inspire you to pray rather than worry?

“Worry is fear-thought, not fore-thought. It is cured by prayer-thought.”

Read Philippians 4:7

1. Write the promise of Philippians 4:7, which we will reap, if we are obedient to Philippians 4:6.

2. Write John 14:27 in your own words.
 - a. Whose *peace* does Jesus give?
 - b. What *peace* does He not give?
 - c. What is the difference between the *peace* that Jesus gives and the *peace* that *the world* gives?

3. *Peace* is attainable for all Christians. Besides praying, what is our part according to these verses?
 - a. Isaiah 26:3
 - 1.) How does *keeping our minds on God* cause *peace*?
 - b. Galatians 5:22
 - 1.) The *fruit of the Spirit* is the result of abiding. How does abiding in the Lord, yield *peace*?
 - c. How does *keeping our mind on God* and *abiding in Him* relate to the instruction in Philippians 4:6 to pray?

Read Philippians 4:7

1. According to Philippians 4:7, what will the *peace of God* do?
 - a. What do you think it means that *the peace of God will guard your hearts and minds*?
 - 1.) According to the last phrase of Philippians 4:7, how does He do this?

2. God does the *guarding of our minds*. What does Colossians 3:15 tell us we are to do?
 - a. God puts a *guard* over our minds when we pray rather than worry. We must *let* that peace which He has provided for us *rule* over our thoughts. How can we do that?

*Oh what peace we often forfeit. Oh what needless pain we bear.
All because we do not carry everything to God in prayer.
- J. Scrivens*

Review Philippians 4:6,7

1. How do you tend to respond when things don't go your way?
 - a. What have you learned from this lesson that you will apply next time this happens?
2. How has praying rather than worrying taken away your anxiety?
3. God has promised peace for those who pray rather than worry. In light of this great promise, what hinders our taking all our anxieties to God in prayer?
4. Describe how the peace of God *passes all understanding*.
5. How has this lesson affected the way you will choose to respond to a situation that might tempt you to worry?

*The LORD will give strength to His people;
The LORD will bless His people with peace.
- Psalm 29:11*