

Peace in the storm

Introduction

Need

- These are difficult times
- Things seem out of control
- We tend to worry, become anxious
- We might be aggressive - getting what is ours
- We fall prey to the same temptation as the world
- This will increase

Background

- Just to remind you - this is one of Paul's *prison epistles*
- He is now sitting in jail for following the Holy Spirit
- He is no longer ministering in the way he'd been: preaching the Gospel to Gentiles, healing the sick, planting churches and equipping leaders
- He knows something about struggle!
- It would be easy for him to be discouraged
- He would soon face Caesar - lots to be anxious about
- Instead he writes about joy and peace

Intro

- We are going to look at Philippians 4:4-7
- Four things every believer can do right now in the middle of the storm!
- I don't know what you face - but the things I share... if you practice them, you will experience the peace of God!

Message

Praise (v4)

- **Phili 4:4 (ESV)** (4) *Rejoice in the Lord always; again I will say, Rejoice.*

The choice: Rejoice

- Choose to rejoice
- We can choose to complain, or we can choose to rejoice
- We say it as Mike brings the quote from Psalms *This is the day...*
- We must choose to rejoice. Whatever we face!

The cause for rejoice: In the Lord

- In the Lord - not in the circumstance, but in the Lord
- We have been chosen, forgiven and loved - rejoice
- He is on the throne: rejoice

The consistency: always (and again)

- Always
- Repeated
- We must make **praise our pattern!**

Patience (v5)

- **Phili 4:5 (ESV)** (5) *Let your reasonableness be known to everyone. The Lord is at hand;*

Reasonableness

- Gentleness
- We are not to *force* things - but wait for the Lord
- We are to be reasonable - with the lost around us
- So easy to get polemic - but we are called to be reasonable... gentle!

Reason- Jesus is coming soon - we need to always keep that in mind

- We will stand before Him
- We must give account... for how we've treated others
- And we trust that he is the just judge who will make things right!

Prayer (v6)

- **Phili 4:6 (ESV)** (6) *do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*

Don't worry

- Our instinct is to worry - but we trust God, right?
- We cannot carry the weight of these burdens and cares
- I love this quote: *"Worry never robs tomorrow of its sorrow, it only saps today of its joy."*
- Jesus teaches us not to worry about anything
- We have to trust in a God who sees and knows and loves us!

Make your petition to God

- So in everything!
- Bring your cares to the Lord
- Cast your cares on him - because he cares for you
- We are weighted down, when we should be trusting the Lord!
- Bring them to the Lord in prayer... and supplication (earnest, heartfelt prayer)

Thanksgiving

- Learning to practice gratitude - such a huge part of peace of mind
- We see that God has helped before
- He will help again!

Peace (v7)

- **Phili 4:7 (ESV) (7)** *And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

The provider of peace

- Message: Peace in the storm
- Here in v7 - we see His promise of peace
- God's peace
- Surpasses man's understanding!
- It won't make sense to the world - how you can have peace

The protection of peace

- This peace again is the peace of God!
- He will protect our hearts and minds!
- Ever been unable to sleep because you were worried or anxious about something?
- Guard hearts and minds - he will keep them safe from worry!

- As we walk in Christ! When he is our focus!!

Closing: Are you living in his peace?

- I know times are difficult, but I want you to experience and enjoy this peace
- We can have it by: Praise, Patience, and Prayer!