The Book of Philippians
"The Path to Peace"
(Part 2)

Text: Philippians 4:2-7

Peace comes through unity, joy, and entrusting our burdens to the Lord through prayer and thanksgiving.

Be Anxious for Nothing:

Paul's instruction not to be anxious is a command inspired by the Holy Spirit, not a mere suggestion.

- Anxious, merimnao (mer-im-nah-oh), Strong's #3309 – to be troubled with cares and to divide into parts. This word suggests distraction, a preoccupation with things that cause anxiety, stress, and pressure.
- This Greek definition clarifies that anxiety about life's circumstances is a significant distraction that leads to stress and unnecessary pressure.
    - An anxious person focuses on their problems rather than on God's promises and provision.

When a person is anxious, they are overwhelmed by fear and worry, which can lead to spiritual, mental, emotional, and physical distress. This is why we need to have zero tolerance for anxiety.

- One way we do this is by guarding our thoughts (Isaiah 26:3).
- Your peace, or lack thereof, is connected to your thought life.

God's Prescription for Being Anxious:

The Scriptures always provide the solution to life's challenges (Ps. 55:22).

- The word "Sustain" in Hebrew, chul (kool), Strong's #3557, means maintaining, nourishing, providing food, bearing, holding up, protecting, supporting, defending, and supplying the means necessary for living.

Here are three keys to overcoming an anxious heart.

1. Prayer and supplication.

- This acknowledges our dependence on God and His provision, both of which require faith (Matt. 7:7-11).
- Supplication is earnestly petitioning God in prayer and entrusting the burden of one's soul to the Lord (Heb. 4:16; Ps. 34:17-19).
- Faith-filled prayer doesn't flinch in the face of circumstances; it stands firm, focused on how great our God is.
- I'm not moved by what I see, I'm not moved by what I feel, I'm moved only by what I believe, and I believe in God – Smith Wigglesworth.

2. **Thanksgiving.**

    - A thankful heart is free of anxiety and fear.

        - Fretful prayers are cries of desperation, not mixed with faith. (For example, people pray them when they are in trouble.)
        - God doesn't respond to fretting; He responds only to faith.

    - Thanksgiving is the highest form of faith (Ps. 100:4-5).
    - This is why mixing your prayers with thanksgiving is essential to receiving from God. It is also the remedy for complaining (1 Thess. 5:18).

3. **Guard your gates.**

    - This refers to your eyes, ears, and heart (Prov. 4:23).
    - Do not feed on negativity, as it will open the door to anxiety, worry, and fear.
    - Negative news is not suitable for our faith. If we spend more time watching and listening to bad news than feeding our faith, we are in trouble.

Put these tips into practice, and you'll experience the peace of God in your life.

- The Greek word used here in Philippians 4:7 for "peace" is Eirene, and it means a state of rest, quiet, and calm; it is the absence of strife. It also implies well-being, prosperity, and freedom from anxiety.
- In Philippians 4:7, the Greek word for "guard" is a military term that depicts a sentry standing guard as protection against the enemy.

    - Paul describes the peace of God as a soldier who guards the hearts and minds of Christians against anxiety, fear, doubt, and unbelief.
    - Let the peace of God guard your heart and mind (Isaiah 26:3).
    - Peace is one of God's promises (John 14:27).
    - The Greek word for "troubled" means to stir up or agitate.

Call to Action:

1. Initiate reconciliation – If there is a conflict between you and someone else, reach out to them and work to resolve it.
2. Give your burdens to the Lord – be honest with Him about your concerns, and trust Him to sustain you.
3. Watch what you feed on – do not spend time feeding on negativity.