

Philippians chapter 4 and what a blessing. So good to be here with you all. I know it's a time of vacation and people are out vacationing.

Again, Philippians chapter 4, we're going to be looking from verse 4 to 7. I want to thank those who are out watching by internet and we are so blessed that you tuned in, live streamed and we ask that God would richly bless you. And if God's blessed you, may his name be praised for it. Amen.

Again, Philippians chapter 4, beginning in verse 4, the Bible says, rejoice in the Lord always. And again, I say, rejoice. Let your moderation be known unto all men.

The Lord is at hand. Be careful for nothing, but in everything by prayer and supplication with thanksgiving, let your requests be made known unto God. And the peace of God, which passeth all understanding shall keep your hearts and minds through Christ Jesus.

Let's pray. Father, we thank you. We thank you that we can gather here in this meeting house.

We thank you for all the blessings you give us. We thank you for just being the God that watches over us, that shows us mercy, that gives us grace in the time of our need. And father, that hears our prayers.

So father, we thank you for that. I ask you now that your presence would be felt in this meeting house and Lord, may you speak to each and every heart that hears your word as it's preached today. And this I pray in Jesus name.

Amen. Will you could be seated at this time. Again, as we look in Philippians chapter 4, verse 4 and 7, we know that Paul, the apostle Paul is writing from imprisonment.

This is one of those prison epistles they call, but yet he speaks of an unshakable peace in the midst of what he's going through. Amen. And as we know that we all suffer with trials and tribulations, and I know a lot of people deal with anxiety and a lot of people worry, but we have to recognize the fact that there's a God that wants to give you in peace in the midst of your storm.

And when believers bring every anxiety to God through prayer, supplication, and thanksgiving, God's own peace stands watch over their hearts and minds in Christ Jesus. And we're going to see this. We're going to actually see this portrayed here in the scriptures.

So the first thing I want to say is the apostle Paul writing, and we're going to be looking at two verses, 6 and 7. And here in verse 6, we see the charge to forsake anxiety. Amen. In Philippians chapter 4 verse 6, the Bible says, be careful for nothing, but in everything by prayer and supplication with thanksgiving, let your requests be made known unto God.

So we see right here, the apostle Paul is saying, refuse to worry. Refuse to worry. And the first thing we see is that Paul commands us to reject anxiety.

Look how he says, he says, be careful for nothing. Be careful for nothing. This command seems impossible unless God supplies what human strength cannot.

And that's the key here. This command seems impossible, because it comes from God. The peace, amen.

I mean, all of us, come on, every one of us, right? We all worry. All of us do. Some of you even struggle with anxiety.

But if you're a blood-bought Christian, God has given you his peace, and we're going to see this. Turn with me to Matthew chapter 6. Matthew chapter 6. And here the apostle, I mean, the Lord Jesus, we see in Matthew chapter 6, look what it says in verse 25. And this is the Lord Jesus.

And he says, therefore I say unto you, take no thought for your life, what you shall eat or what you shall drink, nor yet for your body, what you shall put on. Is not the life more than meat and the body than raiment? Behold the fowls of the air, for they sow not, neither do they reap, nor gather into bonds, yet your heavenly Father feedeth them. Are ye not much better than they? Which of you, by taking thought, can add one cubit to his life? What he's saying, which of you can worry to add to your life? And in verse 28, I just lost my place.

28. And why take ye thought for raiment? Consider the lilies of the field, how they grow, they toil not, neither do they spin. He's talking about clothes.

How many of you worry about what you're going to wear? How much clothes you have? Amen. Verse 29. And yet I say unto you that even Solomon in all his glory was not arrayed like one of these.

Wherefore, if God so clothe the grass of the field, which today is and tomorrow is cast into the oven, shall he not much more clothe you, O ye of little faith? Therefore, take no thought, saying, what shall I eat? Or what shall we drink? Or wherewith shall we be clothed? For after all these things do the Gentiles seek. For your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God and his righteousness, and all these things shall be added unto you.

Take therefore no thought for the morrow, for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof. He's saying stop worrying.

Stop worrying what tomorrow is going to bring. Stop worrying for today. It's not going to help you.

You know what it's going to do? It's going to cause anxiety. Amen. It's going to cause worry.

You have no control over it. And that's what he's saying. He's saying refuse to worry.

Well, that seems easy. Amen. That's what it thinks.

But look what it says in 1 Peter chapter 5 verse 7. The Bible says, casting all your care upon him, for he careth for you. Also in Psalm 55 22, the Bible says, cast thy burden upon the Lord, and he shall sustain thee. He shall never suffer the righteous to be moved.

So with all the anxiety, all the worrying we have, the apostle Paul is saying, reject it. Stop worrying. Stop bringing all this in your mind.

Well, how can we do that? You need really God to help you with that. And he says, going back to Philippians chapter 4 verse 8, we see the remedy of instead of worrying and being filled with anxiety, as hard as that is, he's in Philippians chapter 4 verse 8. The Bible says, finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue, and if there

be any praise, think on these things. So Paul is commanding you not to worry, not to be filled with anxiety.

He's saying, be careful for nothing. Don't worry for anything. Well, how do you do that? By replacing your mind, the way your mind's thinking.

And it's on these things in verse 8. So charge, the charge to forsake anxiety. But secondly, we see the pathway to peace. This is the key.

Instead of being worried and all filled with anxiety, God wants to fill you with peace. Look what it says back in Philippians chapter 4 verse 6. He says, be careful for nothing, but in everything, by prayer and supplication, with thanksgiving, let your requests be made known unto God. Can you see it? The pathway to peace is carrying everything to God.

You have a worry? You have an anxiety? Well, what do you do with that? You turn it over to God. Amen? Peace comes when prayer is your first response, not your desperate final measure. And I believe we're caught up, like the world, constantly worrying about what's going to happen, what the future's going to be, what the decision's going to make, and then what happens.

All that worry turns to anxiety. And I'm here to tell you, it's real. People suffer with anxiety.

Amen? It actually becomes a physical thing. With your heart being all twisted, overcome with anxiety, it's not an easy thing to have. But yet we find the pathway to peace is to carry everything to God.

Look what he says this, but in everything, by prayer and supplication, with thanksgiving, let your requests be made known unto God. So we see the three things. Prayer.

Well, what is prayer? Turning to God first. You know what happens? We try to do everything in our own strength. We're trying to fix the problem.

We're trying to do this. We're trying to change the situation, the circumstances. But I'm here to tell you, the first place you must do is bring it to God.

And be thankful when you bring it to God. Secondly, we see supplication. And that word supplication, all it really means is bringing specific needs, counting them, naming them.

Lord, I need this to happen. I need you to be in this situation. I need you to turn this situation around.

We're all going through something. But the problem is, a lot of us go through things without peace. Amen? A lot of us get all worked up with worry and anxiety.

And God doesn't want that. He's already blessed us. And how do we, how do we pray and have supplication? With thanksgiving.

And thanksgiving is really just trusting God before the answer comes. Amen? Have you ever prayed like that? Lord, I need such and such. But I know you're going to take care of it.

And I thank you now, before I even see it happen, I thank you, God, that you've already worked it out in my life. Isn't that a blessing? Peace is not the starting point. It's the result of turning everything over

to God.

You realize that? And I believe some of us are not praying like we ought to. We're so caught up in the circumstances of our lives that bring worry and anxiety. Look what it says in 1 Thessalonians.

Turn to 1 Thessalonians, 1 Thessalonians chapter 5. This is pretty much the same thing as what we're reading. In 1 Thessalonians chapter 5, look what it says in verse 17. What's it say? Pray without ceasing.

Isn't that easy? Pray without ceasing. Now I'm here to tell you, when you're praying as you're driving, keep your eyes open. Amen? But you should always be praying, always in communion with the Father.

And look what else it says. Verse 18, verse 17 says, pray without ceasing and everything give thanks. For this is the will of God in Christ Jesus concerning you.

Why? We shall always be thanking him for all that he's done in our lives, even in the trials that we're going through. Because he's already working things out. But yet in the midst of it, and I know this happens to all of you, in the midst of what you're going through, in the midst of the struggles you're having, what happens? You get filled with worry.

And not only worry, what happens? Anxiety begins to take over. But God says, pray supplication with thanksgiving. Make your requests made known to God.

And this is the key. And here in 1st Thessalonians chapter 5, verse 17 and 18, same thing, pray without ceasing. If we spent more time praying and more time thanking God, there's going to be a change in your heart and in your mind.

Amen? Peace is not found by escaping from your problems, but by engaging God with prayer, supplication, and thanksgiving. So many times people, they'll look at a problem and they're, ah, this is too much, and they put their head in the sand. They don't want to deal with it.

That's just as bad. When you have a God that's waiting for you, waiting for you to commune with him, waiting for you to bring all your prayer and request to him. And you know what thanksgiving is? When you pray like that, thanksgiving is you're putting your trust in him.

He's already ahead of you. And isn't that what Jesus says? Why are you worried about what's going to happen tomorrow? Or what's going to happen today? Or what you're going to wear? Or what you're going to eat? God knows what you need. And he's going to take care of you.

Not only that, if you turn back to Philippians chapter four, we also see, we see the charge to forsake anxiety or worry, right? We see the path to peace is what? Instead of worry and anxiety, what do you do? You stop praying about everything that you're dealing with. Pray without ceasing. But then the third one is the nature of the peace.

Look what he says in Philippians chapter 4 verse 7. Well, I'll give from verse 6 It says be careful for nothing, but in everything by prayer and supplication with Thanksgiving let your requests be made known unto God and here's verse 7 and the peace of God which Passes all understanding shall keep your hearts and minds through Christ Jesus And this is the key The nature of peace is the peace of God Paul is describing a supernatural peace that does not arise from circumstances or reasoning This is

God's own peace Not merely peace from God, but his own peace. He wants to give you Isn't that amazing? You know believers don't manufacture this peace they receive it when they pray I'm gonna tell you if you're having problems and you're you're struggling with certain things your bills are this or that Man, stop praying about Every time you're gonna ready to worry about that stop praying and and what and thanking God That he hears your prayers And when you begin to pray Continually for that situation God begins to give you peace Amen, listen, this is this is biblical and 14 verse 27 Jesus saying this he says peace. I leave you my peace I give unto you not as the world give it give I unto you let your heart Let not your heart be troubled neither.

Let it be afraid why because he's ready to give you his peace his peace You can't manufacture that peace but listen as you're praying and As you're constantly praying with a Thanksgiving in your heart Don't forget you got to be thinking of positive things not negative things Verse 8 gives you all those positive things finally my brother whatsoever things are true whatsoever things are honest These are the positive things that you overfill your mind with instead of worry that brings anxiety and As you bring all this positive stuff What's true? What's honest and you start thinking on those things? It's gonna help you from not worrying And what do you do you begin to pray and thank God in the middle of it And what did John what did Jesus say in John 14? 27 he says peace. I leave with you my peace. I give unto you He's talking to his disciples and what was gonna happen.

They were gonna be in such disarray When he was being crucified they ran they scattered The fear that came over them the worry that it's gonna happen to them and what happened Soon as Pentecost came the day of Pentecost. They were filled with the Holy Spirit and what happened God The Lord Jesus filled them with his peace and what happened they were bold They didn't they didn't let anything stop them. They weren't worrying anymore Also in Isaiah chapter 26 Isaiah chapter 26 the Bible says in verse 3 Thou will keep him in perfect.

Peace whose mind is stayed on thee because he trusted in thee Do you realize that I? Believe that those are three Hebrew Boys Shadrach Meshach and Abednego when they were thrown in the oven they had peace They told Nebuchadnezzar we respect you sir, but we're still not gonna bow down Even if you kill us and They had that peace How about Daniel in the lion's den, isn't that the same thing? They threw him in the lion's den with all the lions and I I got this this Imagination that he as he was ready to take us to go to sleep. He laid on one of those big lions Supposed to eat him He laid up on his belly Why because he was in perfect peace, isn't that what it says in Isaiah 26 3 Thou will keep him in perfect. Peace whose mind is stayed on thee because he trusted in thee That's why that Thanksgiving that gratitude is why it brings us to trust in the one who can Provide the peace and who can overturn any situation you're in What a blessing when you look at it like that Colossians chapter 3 verse 15 says it this way and let the peace of God rule in your hearts to the which also ye are called in one body and Be ye thankful Can you see the key? How many of us Get all worked up because of our situation We're in our problems that we're in and what happens we start to worry and what happens worry turns into outward grumbling there's no trust in God's gonna do anything and We get focused on that and we stop worrying about it And even if you're not saying anything to anybody it turns into anxiety But if your eyes are on him knowing that he is in control Man when I was in the hospital Five days in a hospital I had I had peace Because I knew that God was there with me no matter what was gonna happen I had the peace that was a where I was able to minister to another family another couple a Husband that was went through cancer surgery and they saw the peace and my wife and I why? We're trusting him Listen, this this this is not something you can manufacture that peace This is a peace that comes from God Amen, this is the peace of God.

That's what you need You don't need to worry it from the devil you need the peace of God in the midst

of it all and That's what I why I titled this the peace peace that surpasses the storm. I Continually pray about your situation and you continually thank God Knowing that he's gonna answer. Maybe not the way you want to answer.

Maybe not the same time you want it Of course, we're all microwave Cookies here Amen We want it now now now We don't like pain. We don't like suffering But if you sit in your pain in your suffering knowing that God is still in control and listen all that you're going through Will what will work for your good in the end? That's why you need to thank him for it Because it's his peace the peace of God Not only that the superiority of the peace it surpasses all understand look what it says in Philippians chapter 4 verse 7 and The peace of God which passeth all Understanding shall keep your hearts and minds through Christ Jesus see this peace that comes from God is This piece of passes all understanding it defies human Explanation and it exceeds what the mind can produce or sustain What do you mean by that? That means when someone sees you with this piece They can't they can't put it in words and When y'all feeling God's peace, you can't put it in words. It's a supernatural peace that God pours on you even when things are happening, I Mean we see it when people going through a traumatic Trial in their life God usually brings this type of peace when somebody loses a loved one Hey, man, all of a sudden this piece will come it would it would just comfort them in it and they're being a peace And you look at him and say how? How can she go up there? How can she go up there and you? Eulogize her husband Amen There's a piece that God wants to give you and people may not understand why you were calm But God's peace is supernatural.

It exceeds all human reason Amen Well, they should be falling apart right now They should be all crying or whatever Why are they handling this? I don't I can't understand it because of God's peace Ephesians chapter 3 verse 20 says this Now unto him that is able to do exceeding Abundantly above all that we ask or think According to the power that worketh in us What's that power when God gives you his peace? Amen God works of His peace is above all that we could even think or ask Turn with me to Psalm Psalm 46 Look what it says in the Old Testament Psalm 46 and it says in verse 1 of Psalm 46 says God is our refuge and strength a Very present help in trouble is in what we're talking about Therefore will I not Excuse me. Therefore will not we fear? though the earth be removed and Though the mountains be carried into the midst of the sea What's he saying and I'm going to tell you if World War three broke out right now, how many would you be? in fear Nuclear weapons coming. How many would you be in fear and here the font Simon says Though the mountains be carried into the midst of the sea Though the waters thereof roar and be troubled though the mountains shake with swelling thereof Sheila what's he saying? It's all this happens.

He starts it off God is our refuge and strength a very present help in trouble Therefore will I will not we fear? Why should we fear? Fear is the absence of faith Amen think of this a picture of calm and chaos That's what God wants you to be That's what he's talking about the Simon's Therefore we will not fear Isn't that what you want? Isn't that what you like to happen to experience? I Know I I like that Back to Philippians chapter 4 verse 7 it says in the peace of God which passeth all Understanding shall keep your hearts and minds through Christ Jesus that word keep The Greek word means to garrison to stand God to protect like a soldier Well, what's that God's peace? Amen his peace will what keep your heart and what's your what's the peace? it's gonna God the heart your emotions in a and affections and desires Isn't that where anxiety comes in? Amen well, what's gonna what's gonna stop that anxiety anxiety from taking over the peace of God and Then also it says to keep Keep your heart and minds. Well, what's the mind? The minor is your thoughts reasoning and imagination You know how many times people worry and get filled up with anxiety because they're imagining the worst that can happen Isn't it true? God's peace it guards the heart and the mind the Bible says It's peace is not the absence of trouble, of course, we're gonna be in trouble with all kind of problems We had always dealing with but

in the presence of our troubles is divine protection of God's own peace. Isn't that a blessing? It's God's own peace. Peace I'd leave you peace. Think of that God wants to give you his peace. Isn't that amazing? Every time I think of that I thank God for it. Man, we could be we could be falling apart.

I Don't know how the world deals without having God in their life. Amen I Need God every minute every hour every second of my life. I need him and I need his peace. I don't know about you, but I need peace in the midst of what I'm going through and lastly, we see the sphere of the of the peace. Look what it says in Philippians chapter 4 verse 7 says in the peace of God Which passeth all understanding shall keep your hearts and minds. What through Christ Jesus? That's the key. It's through Christ Jesus. This peace is not some kind of technique that a Christian can bring up. This peace comes from a relationship. Isn't that amazing? The peace of God operates only within the union of Christ. Didn't Jesus say my peace I give unto you. Listen the world rejects Christ. There's some that even believe Jesus, but have not received him and and been given the Spirit of God and This is the key we have that relationship. This is not a religion.

This is a relationship and in the midst of the relationship. When we come to God with our prayers and our supplication. Thanking him. What does he do? He pours his peace on us. What a blessing. Christ himself is our peace. That's what the Bible says and His presence steadies the believer. Through anything we go through. Look what it says in Ephesians chapter 2 verse 14. Ephesians chapter 2 if you are Philippians, it's the the book before Ephesians. Look what it says in Ephesians chapter 2 and I'm hoping that this is a blessing to you because we all need this. I'm here to tell you things are gonna get rough in America. Things are gonna get rough in the world. Before they get any better. But look what it says in Ephesians chapter 2 verse 14 says for he is our peace who had made both one and Had broken down the middle wall of partition between us. It's Jesus.

That is our peace. That's what the Bible is saying. Also, remember what Jesus said. Turn to turn to John chapter 15. Look what Jesus said in the gospel of John and Some of you already know where I'm going with this. John chapter 15. Look what look what Jesus says in verse 4 and 5. He says abide in me and I in you as the branch cannot bear fruit of itself. Except it abide in the vine. No more can ye except ye abide in me and then in verse 5 it says I am the vine. Ye are the branches he that abideth in me and I in him the same bringeth forth much fruit for without me you can do nothing and when I think of food, what am I thinking of?

Galatians chapter 5, the fruit of the spirit. Amen. Turn to Galatians.

I know I'm giving you a lot of scripture, but I'm done. Galatians chapter 5. Look what it says in verse 22. This is where you find the fruit of the spirit.

And in Galatians chapter 5 verse 22, look what it says, but the fruit of the spirit is what? Love, joy, peace, long-suffering, gentleness, goodness, faith. Do you see it right there? Peace. Jesus is saying, instead of worrying, reject all that worrying and start to pray.

And start to make your prayer specific and to pray always. And as you're praying, pray with thanksgiving. And what's going to happen? The peace of God, not your peace, the peace of God will begin to be poured upon you.

And why do I say that? It's part of what? It's part of the fruit of the spirit. The spirit will give you this peace. And the whole thing is why? Because we're in Jesus.

And if you haven't trusted Jesus, you don't know this peace. This is a peace that the world doesn't understand, that the world can't have unless you're in Christ Jesus, unless you realize that you need God in your life, unless you realize that you need to be forgiven of your sin. That's the beginning.

When you recognize that you're a sinner and Jesus is the one who came and died for your sin. And when you understand that, and when you turn and say, Lord Jesus, forgive me a sinner. I'm going through trials right now.

And I know if I died right now, I know I stand before you guilty, judged for my sin. But I know you died in my place. I know you're willing and able to forgive me of all my sins.

I now turn to you. I humble myself, Jesus, forgive me a sinner. And you know what happens when you do that? You get the peace of God.

You get the presence of God. And you know what else you get? You get peace with God. This is the key.

In Romans chapter five, verse one, the Bible says, therefore being justified by faith, we have peace with God through our Lord Jesus Christ. Isn't that the reason why we sing his name? Isn't that the songs that in the hymns that we just sang? Amen. We just sang all the hymns.

That beautiful name. What a hymn that we just sang. That beautiful name.

Why? It's all about Jesus. And when you place your faith and trust in him, and when you keep your eyes on him, all your troubles, all your worries, all your anxieties will begin to melt when you start to pray in communion with him. And what happens? The peace of God.

Man, I'm praying that you truly understood how important prayer is. I'm praying that you fully understand that you need to reject the worry and the anxiety and turn back to what it says. Think on these things, positive things, lovely things, things that are just.

And in the midst of what you're going through, stop praying to God. What's it say? The fervent prayer of a righteous man availeth much. I'm here to tell you it availeth peace instead of worry and anxiety.

And that's what we need today. Especially what's coming in the future. Especially what we're going to see happen.

It's going to have to get worse before it gets better. And we need to be filled with peace, God's peace, in the midst of it all. Amen.

Why don't we stand? Let's pray. Father, we thank you. Father, in the midst of what people are going through, Father, your own people who've called you the Lord Jesus and been forgiven and saved and have been given the Holy Spirit, yet we worry just like the world.

We're filled with anxiety and suffering of what the future might bring in our imaginations. But Father, I ask you now that you would use this message to speak to everyone, to turn that around, to begin to pray and to begin to lift up their supplications with thanksgiving. And Father, trusting you and Father, that you would grant those in prayer one of the greatest gifts that the world can't can't get.

It's beyond all understanding. Your peace, the peace of God that would protect our hearts from worry and anxiety like a soldier. Father, we thank you.

Father, help us to be people with the sacrifice of thanksgiving on our lips as we bring everything to you, Lord, because you are the God that loves us. So Father, I pray that you would help somebody, maybe all of us, Lord, to turn to prayer, to turn to thanksgiving, to think on good things, to keep our eyes on you in the midst of the storm so that we can experience your peace in the midst of it. Father, we thank you in Jesus' precious name, amen.