

How the Peace of God Guards Us Through the Storms of Life

— Philippians 4:4-7 —



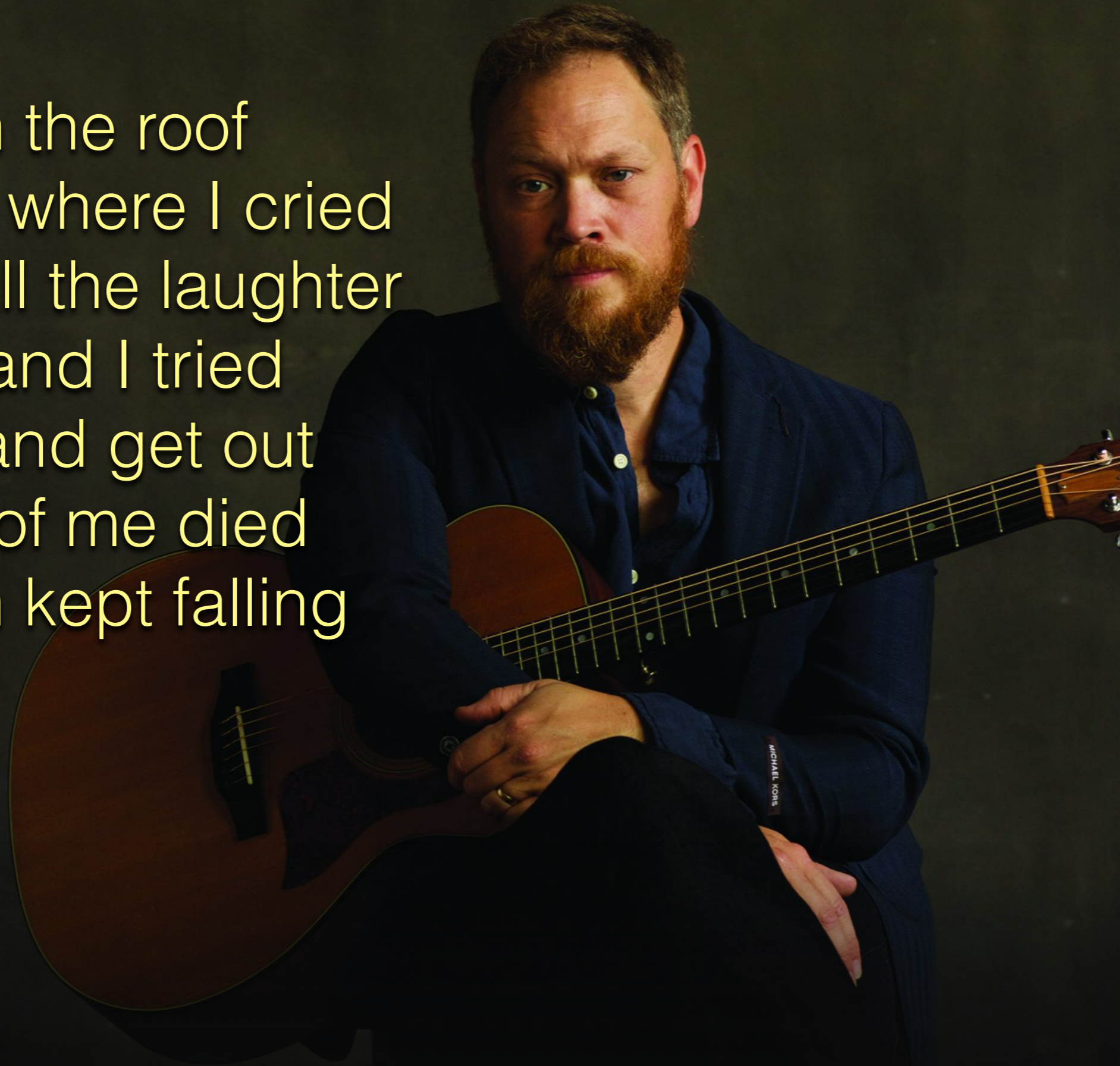
Andrew Peterson



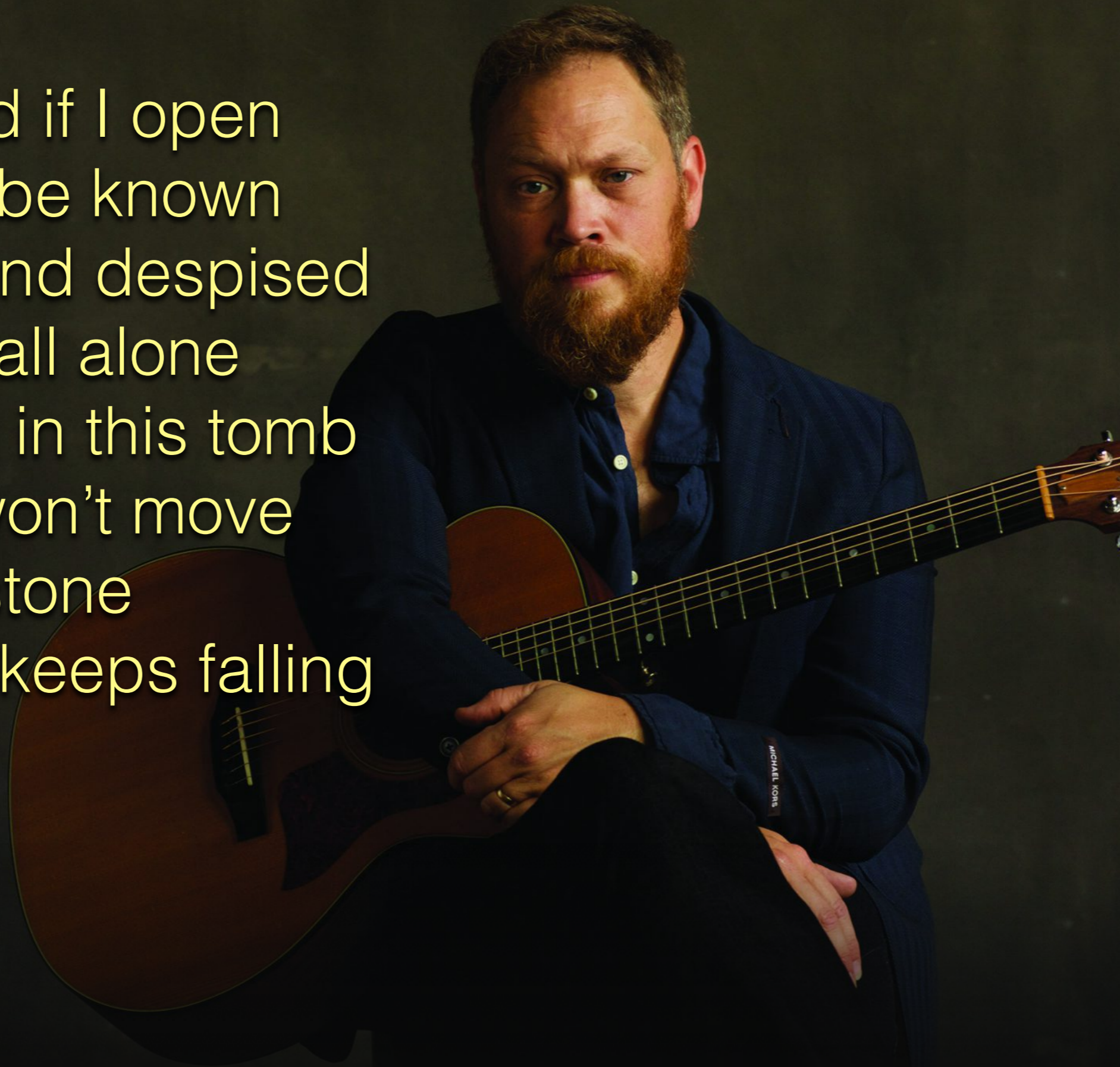
I tried to be brave
but I hid in the dark
And I sat in that cave
and I prayed for a spark
To light up all the pain
that remained in my heart
And the rain kept falling



Down on the roof
of the church where I cried
I could hear all the laughter
and love and I tried
To get up and get out
but a part of me died
And the rain kept falling



I'm scared if I open
myself to be known
I'll be seen and despised
and left all alone
So I'm stuck in this tomb
and You won't move
the stone
And the rain keeps falling



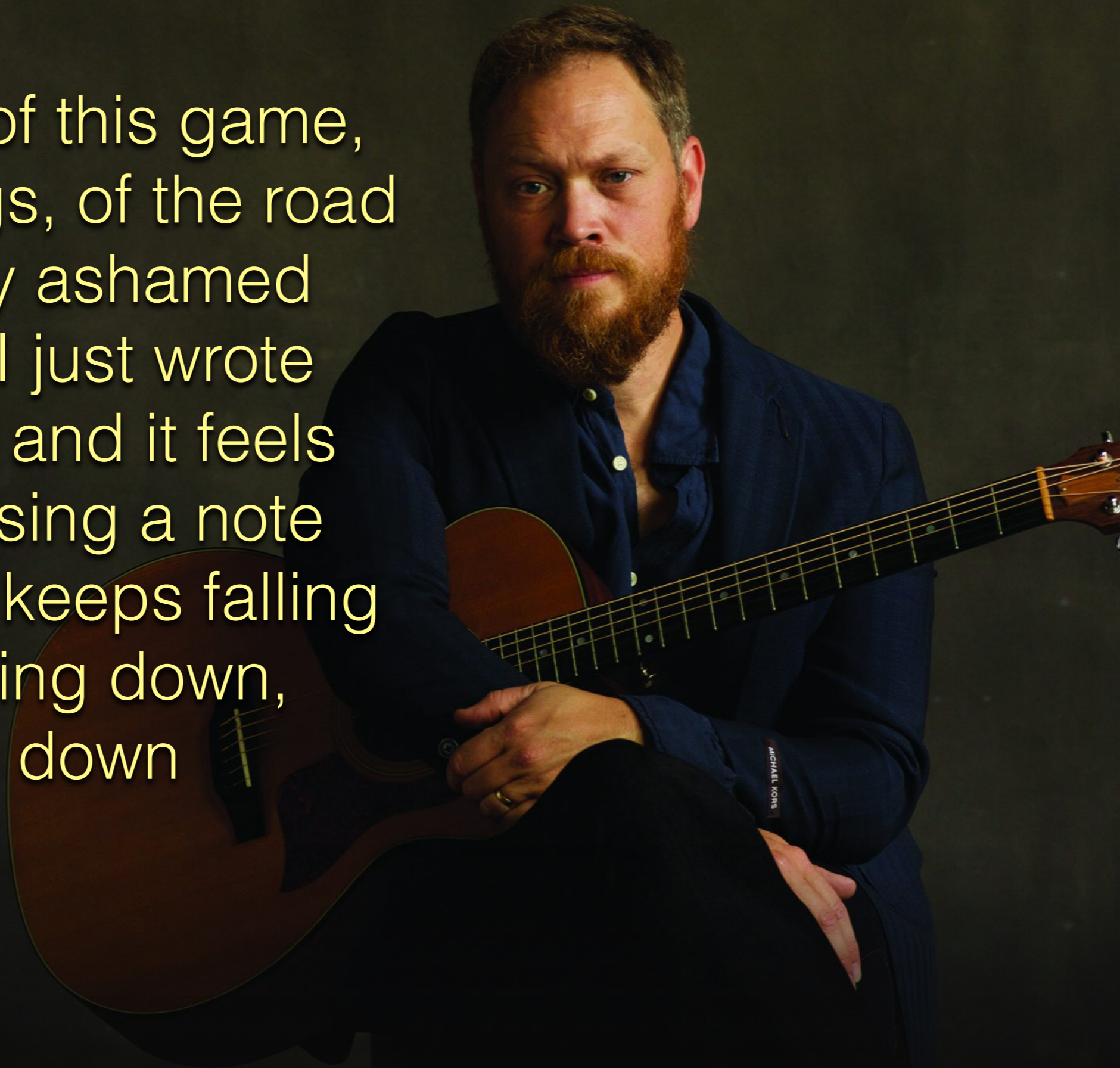
Somewhere the sun
is a light in the sky
But I'm dying in
North Carolina and I
Can't believe there's
an end to this
season of night
And the rain keeps falling



There's a woman at home
and she's praying for light
My children are there
and they love me in spite
Of the shadow I know
that they see in my eyes
And the rain keeps falling



I'm so tired of this game,
of these songs, of the road
I'm already ashamed
of the line I just wrote
But it's true and it feels
like I can't sing a note
And the rain keeps falling
down, falling down,
falling down





**Here's a little song I wrote
You might want to sing it note for note
DON'T WORRY, BE HAPPY**

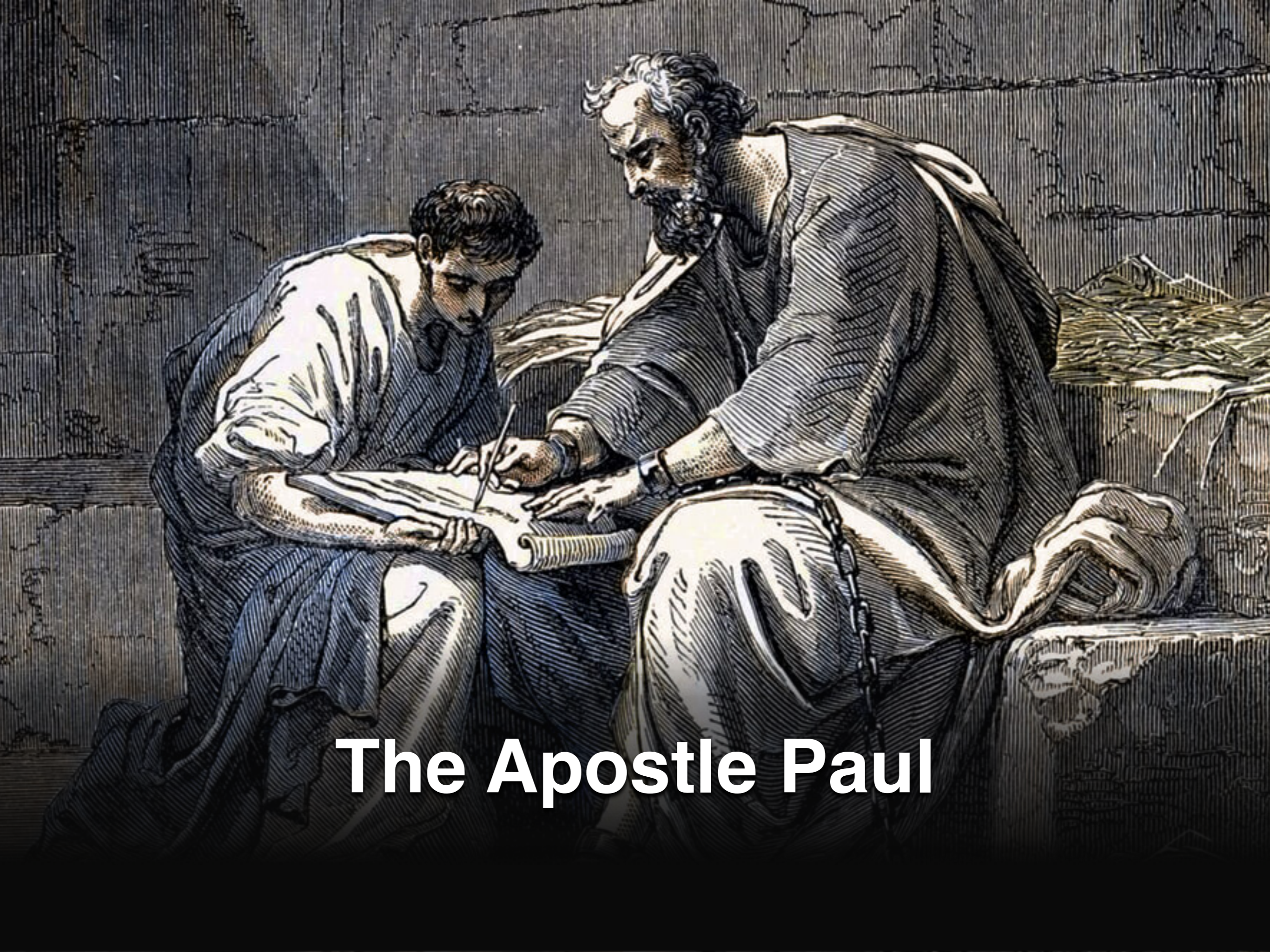
**'Cause when you worry your face will frown
And that will bring everybody down
DON'T WORRY, BE HAPPY**

— Bobby McFerrin —

How the Peace of God Guards Us Through the Storms of Life

— Philippians 4:4-7 —





The Apostle Paul

Philippians 4

**4 Rejoice in the Lord always; again
I will say, rejoice.**

Philippians 4


4 **Rejoice** in the Lord always; again
I will say, **rejoice.**



chairō | χαίρω

“to rejoice, to be glad, to be happy”

Keep on rejoicing in the Lord at all times.
I will say it again: Keep on rejoicing!



**Don't worry?
Be happy? Rejoice?
You've got to be
kidding me?
Don't you know
what I've been
going through?**

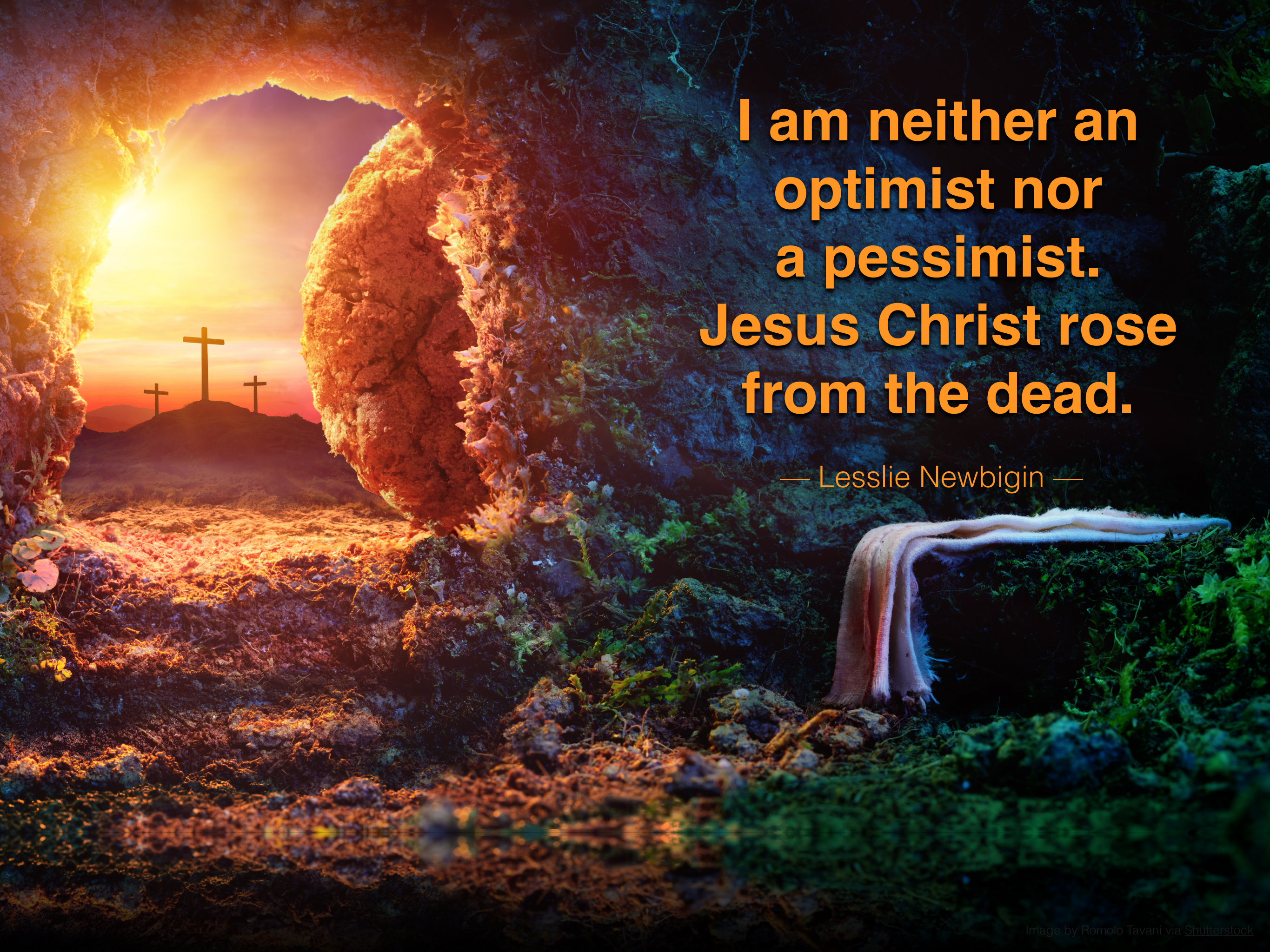
Philippians 4

4 **Rejoice in the Lord** always; again
I will say, **rejoice.**



...not in your circumstances!





**I am neither an
optimist nor
a pessimist.
Jesus Christ rose
from the dead.**

— Lesslie Newbigin —

Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? ..No, in all these things we are more than conquerors through him who loved us.



**The Apostle Paul
— Romans 8:35 & 37 —**

**For I am sure that
neither death nor life,
nor angels nor rulers,
nor things present nor
things to come, nor
powers, nor height nor
depth, nor anything
else in all creation, will
be able to separate us
from the love of God in
Christ Jesus our Lord.**

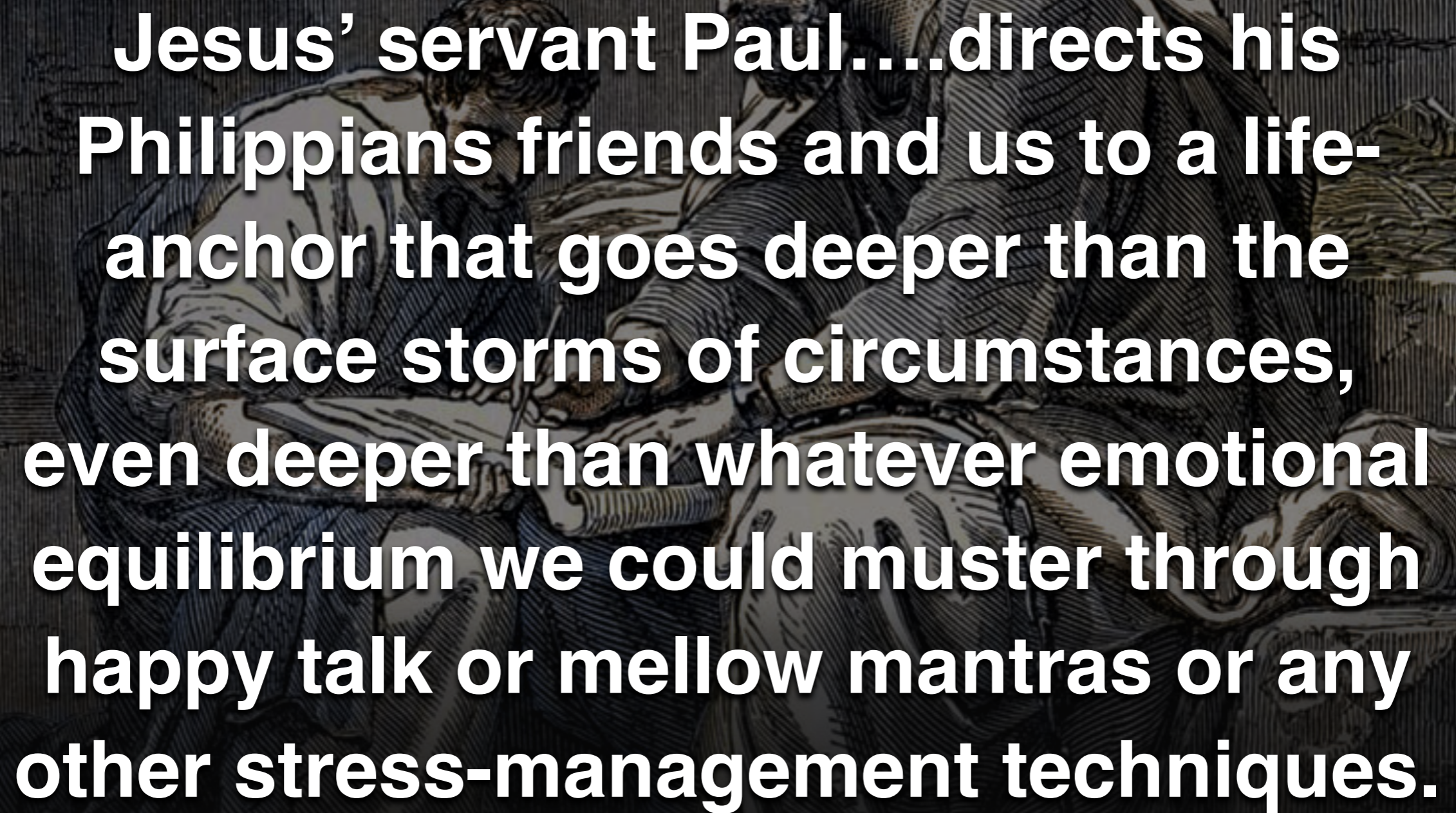


**The Apostle Paul
— Romans 8:38-39 —**

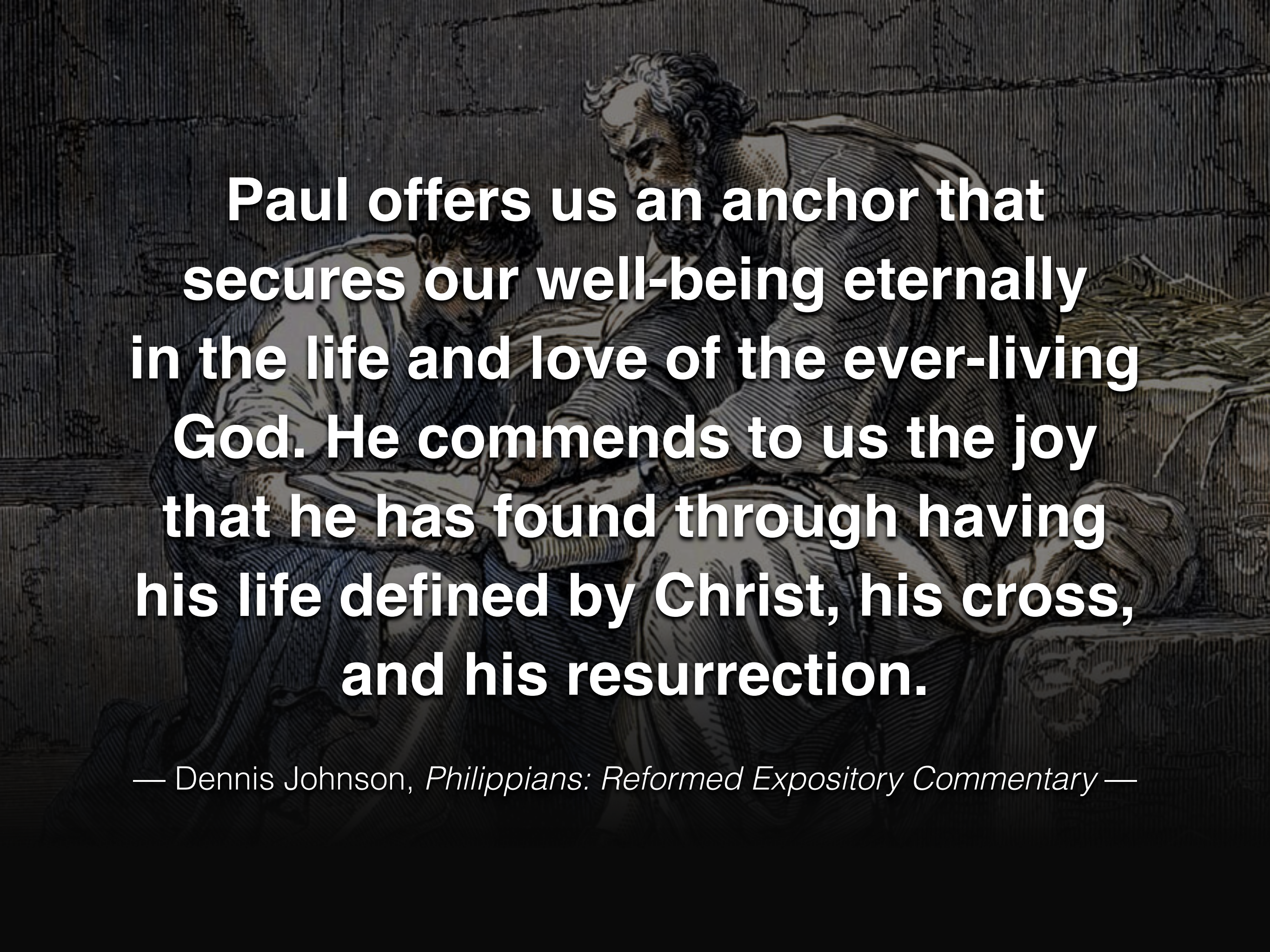


**Keep on rejoicing in the Lord at all times.
I will say it again: Keep on rejoicing!**

— Philippians 4:4 —



**Jesus' servant Paul....directs his
Philippians friends and us to a life-
anchor that goes deeper than the
surface storms of circumstances,
even deeper than whatever emotional
equilibrium we could muster through
happy talk or mellow mantras or any
other stress-management techniques.**



**Paul offers us an anchor that
secures our well-being eternally
in the life and love of the ever-living
God. He commends to us the joy
that he has found through having
his life defined by Christ, his cross,
and his resurrection.**

— Dennis Johnson, *Philippians: Reformed Expository Commentary* —

Philippians 4

5 Let your **reasonableness** be known to everyone.

epieikēs | ἐπιεικής

“gentleness, graciousness, considerateness”

**What comes out
of you when life
shakes things up?**



**Just because
you are having
a bad day does
NOT mean you
have the right
to take it out on
everybody else.**



Philippians 4

5 The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

“The Lord is at hand”

1) The Lord's Return

3:20 ...our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ....

“Remember, the Lord is coming soon.” — NLT

2) The Lord's Is Near

“The Lord is near to the brokenhearted and saves those crushed in spirit.” - Psalm 34:18

“The Lord is at hand”

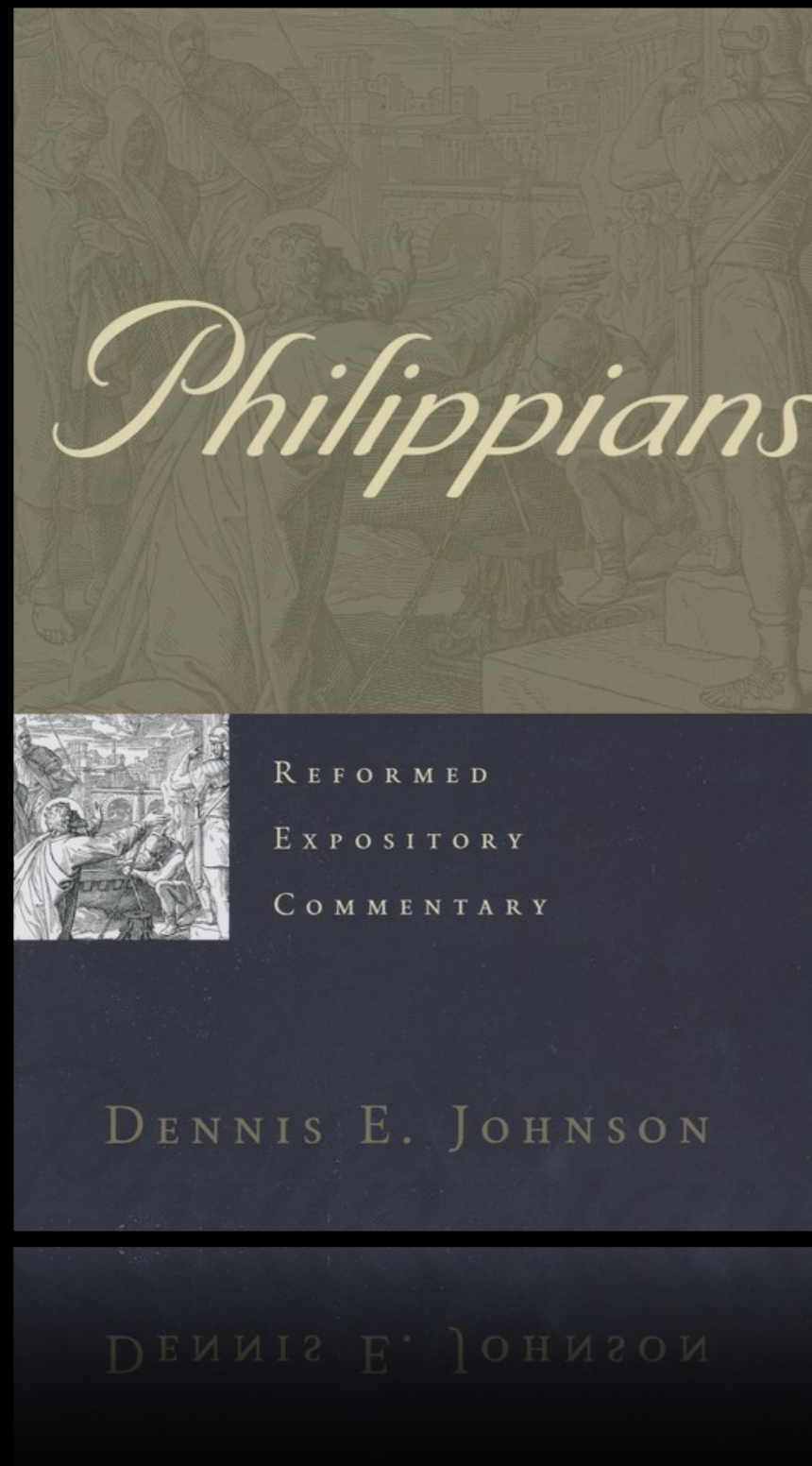
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Paul may intend “the Lord is at hand” to convey both truths: the Lord is *near now* by his Spirit, bringing aid in our sufferings; and he is *coming soon* in his glory, bringing suffering to an end.

Philippians 4

5 The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

emotional strain or *tens*

adverse or demanding circumstances

'he's obviously under a lot of stress'

'he stresses and strains his family'

Stress

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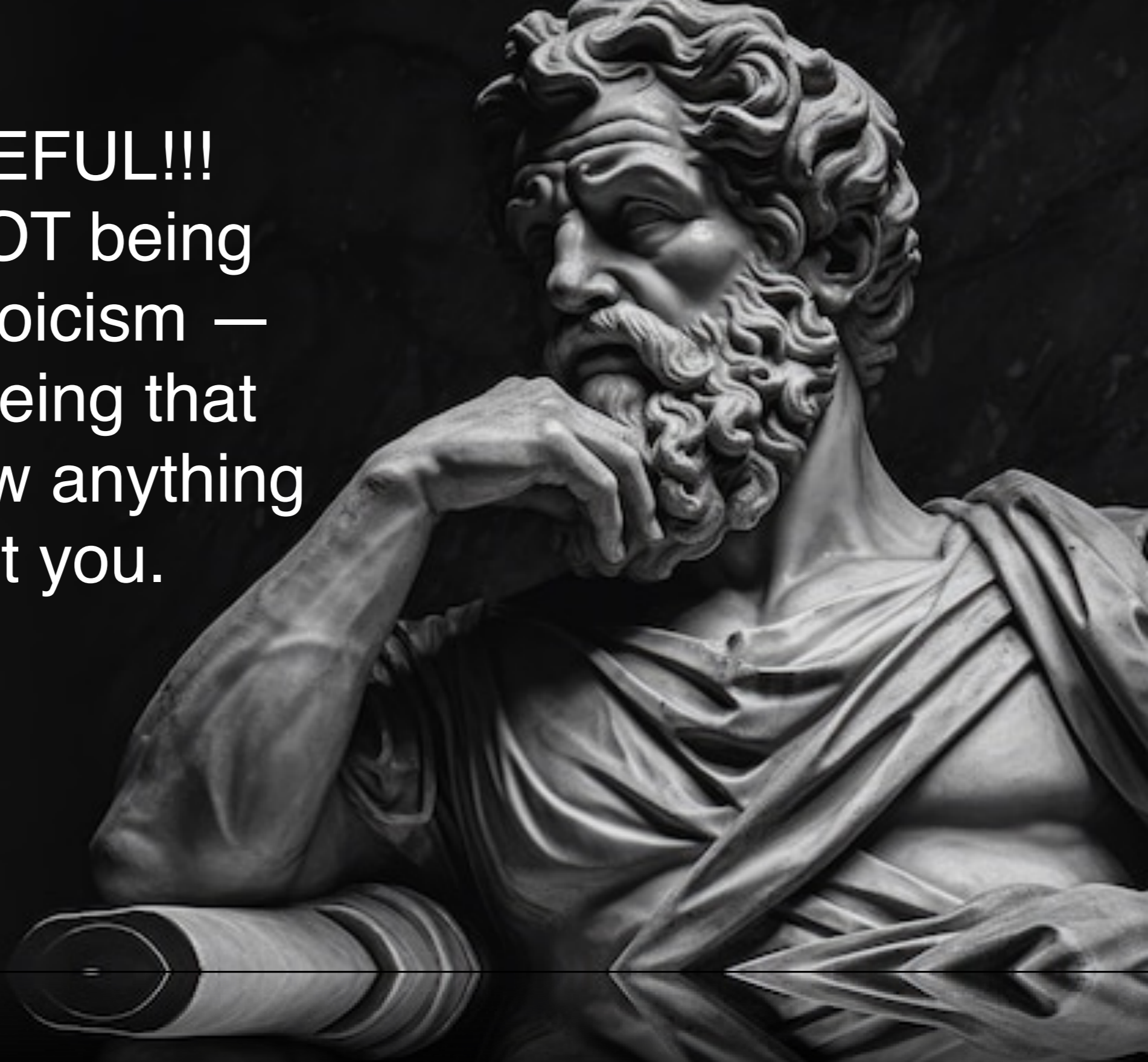
an

anxiety

anxiety



BE CAREFUL!!!
We are NOT being
called to stoicism —
a way of being that
doesn't allow anything
to affect you.



**For we were so utterly
burdened beyond our
strength that we
despaired of life itself.**

**...apart from other
things, there is the
daily pressure on me
of my anxiety for all
the churches.**



The Apostle Paul
— 2 Corinthians 1:8 & 11:28 —



**My soul is swallowed up in
sorrow — to the point of death.**

Jesus of Nazareth

The Gospel of Matthew 26:38

Jesus knelt down and prayed....



And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground.

— Cf. The Gospel of Luke 22:44 —

Philippians 4

5 The Lord is at hand; 6 do not be anxious about anything....

Paul is not saying, “Don’t ever feel anything.”
But he is saying, “Don’t get stuck in this moment when anxiety comes storming into your life BECAUSE you are NOT facing it alone. The Lord is at hand!”

Philippians 4

5 The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Philippians 4

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3 Essential Tools

1) Prayer

2) Thanksgiving

3) Supplications

**Rejoice always,
pray without
ceasing...**

The Apostle Paul
— 1 Thessalonians 5:17 —



H. B. CHARLES, JR.



It Happens **After** Prayer

Biblical Motivation for Believing Prayer

“Pray without ceasing.” What does this mean? Does it mean that you should do nothing but pray? No. It means you are to do nothing without prayer.



3 Essential Tools

1) Prayer

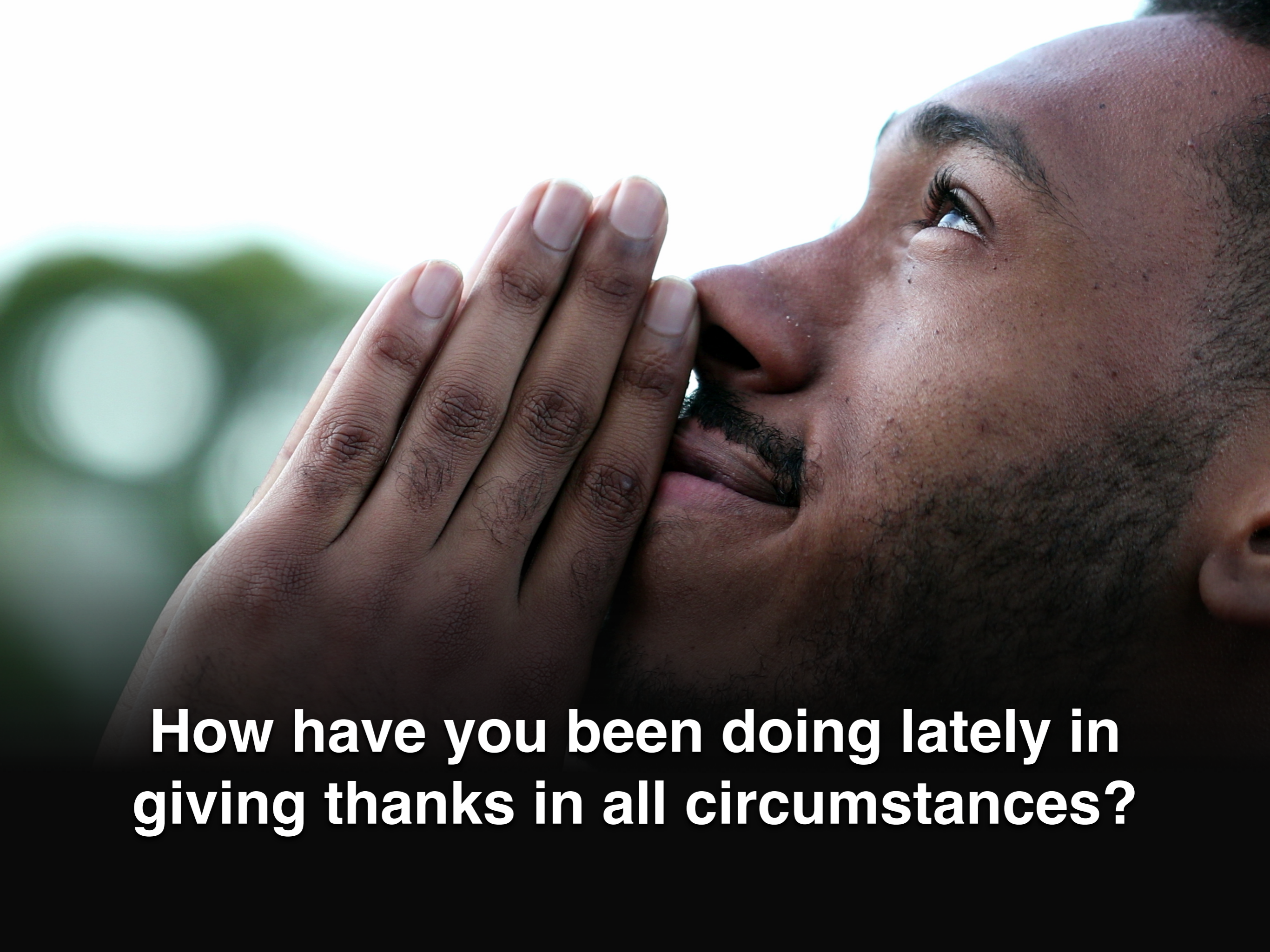
2) Thanksgiving

3) Supplications

**Rejoice always,
pray without ceasing,
give thanks in all
circumstances, for this
is the will of God in
Christ Jesus for you.**

The Apostle Paul
— 1 Thessalonians 5:17 —





How have you been doing lately in giving thanks in all circumstances?



3 Essential Tools

1) Prayer

2) Thanksgiving

3) Supplications

Supplication = “to plead humbly”

Prayer and supplication are closely related and interconnected as they are both forms of reverence and invocation to God. However, supplication is a type of prayer making them somewhat distinct. When we pray to request something from God, this is known as supplication, “to plead humbly.”

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.

Or which one of you, if his son asks him for bread, will give him a stone?



Or if he asks for a fish, will give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!

— Jesus of Nazareth in The Gospel of Matthew 7:7-10 —



God Answers Our Prayers In Three Ways:

1. **Yes! Why didn't you ask sooner?**
2. **No, but keep trusting me.**
3. **Not yet, but the time is coming.**

— HT: Knox Chamblin —



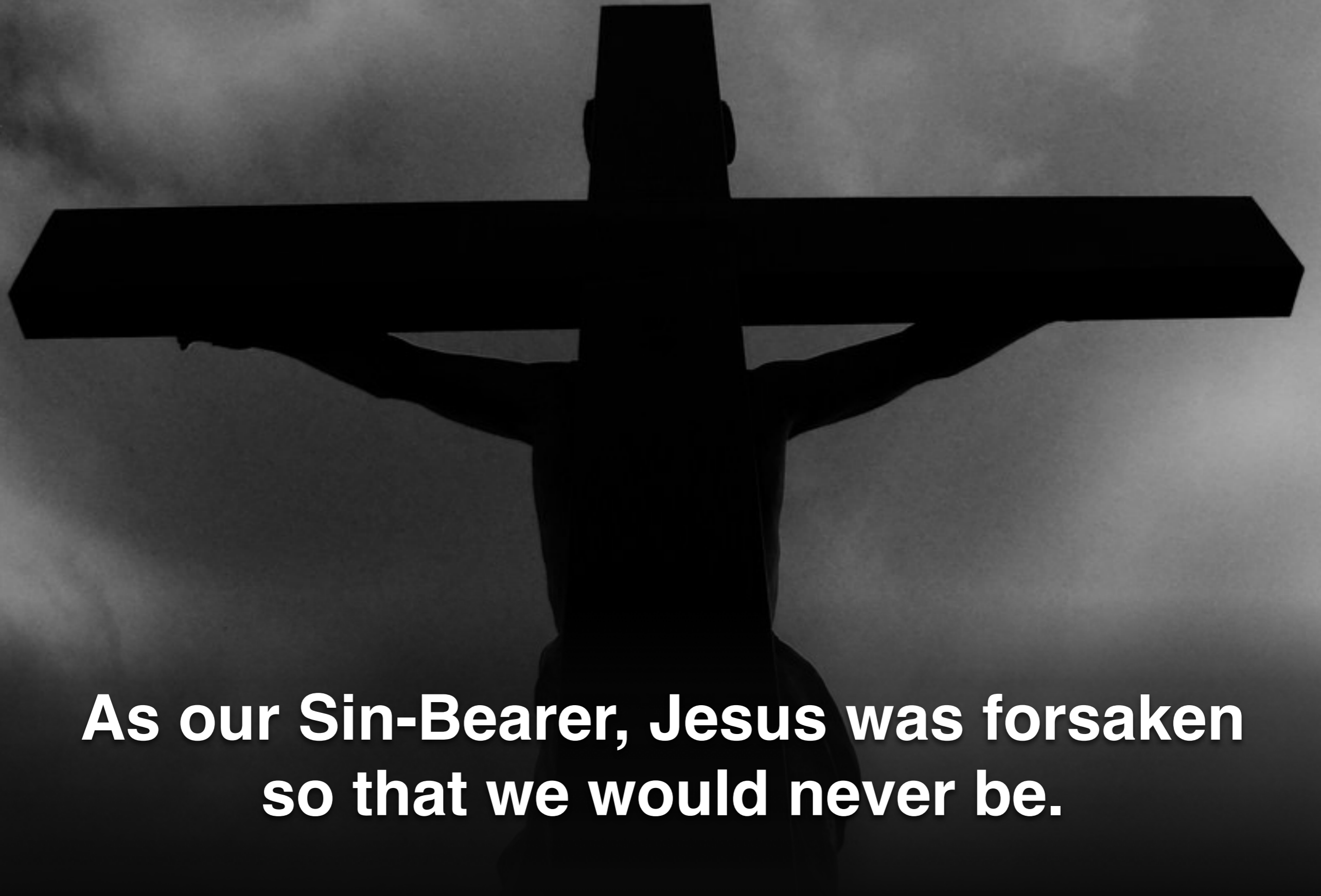
Philippians 4:4-7

7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:4-7

7 And **the peace of God,** which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

5x the NT documents describe our Creator as **“the God of Peace”**



**As our Sin-Bearer, Jesus was forsaken
so that we would never be.**

**For in him all the
fullness of God was
pleased to dwell,
and through him to
reconcile to himself all
things, whether on
earth or in heaven,
making peace by the
blood of his cross.**



The Apostle Paul
— Colossians 1:19 —

**The Peace of God Comes
To Us In Anxious Situations
As We Pray**



Philippians 4:4-7

7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:4-7

7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

NIV: “which transcends all understanding”

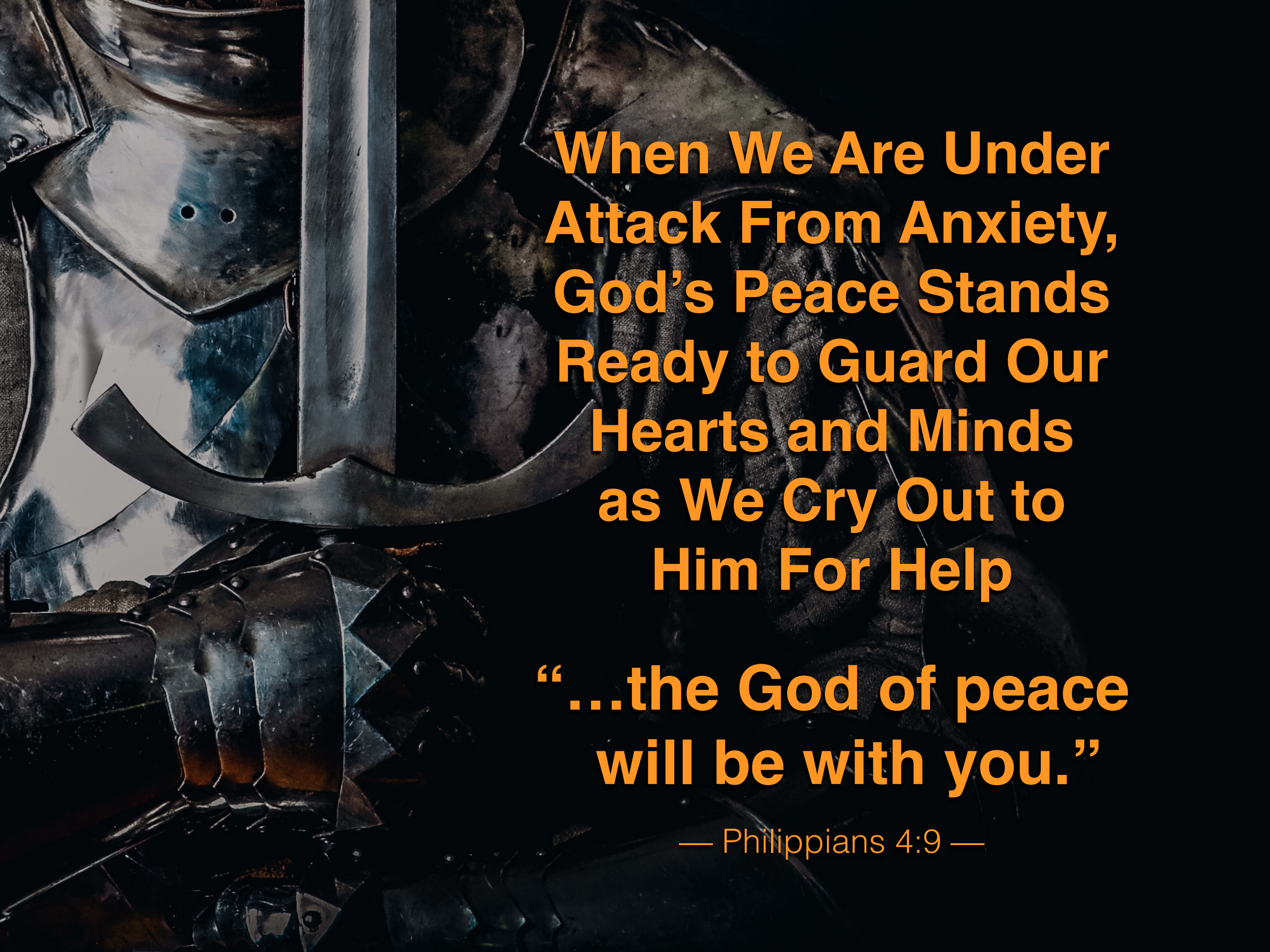
NLT: “which exceeds anything we can understand”

NASB: “which surpasses all comprehension”

ISV: “which goes far beyond anything
we can imagine”

Philippians 4:4-7

7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.



**When We Are Under
Attack From Anxiety,
God's Peace Stands
Ready to Guard Our
Hearts and Minds
as We Cry Out to
Him For Help**

**“...the God of peace
will be with you.”**

— Philippians 4:9 —

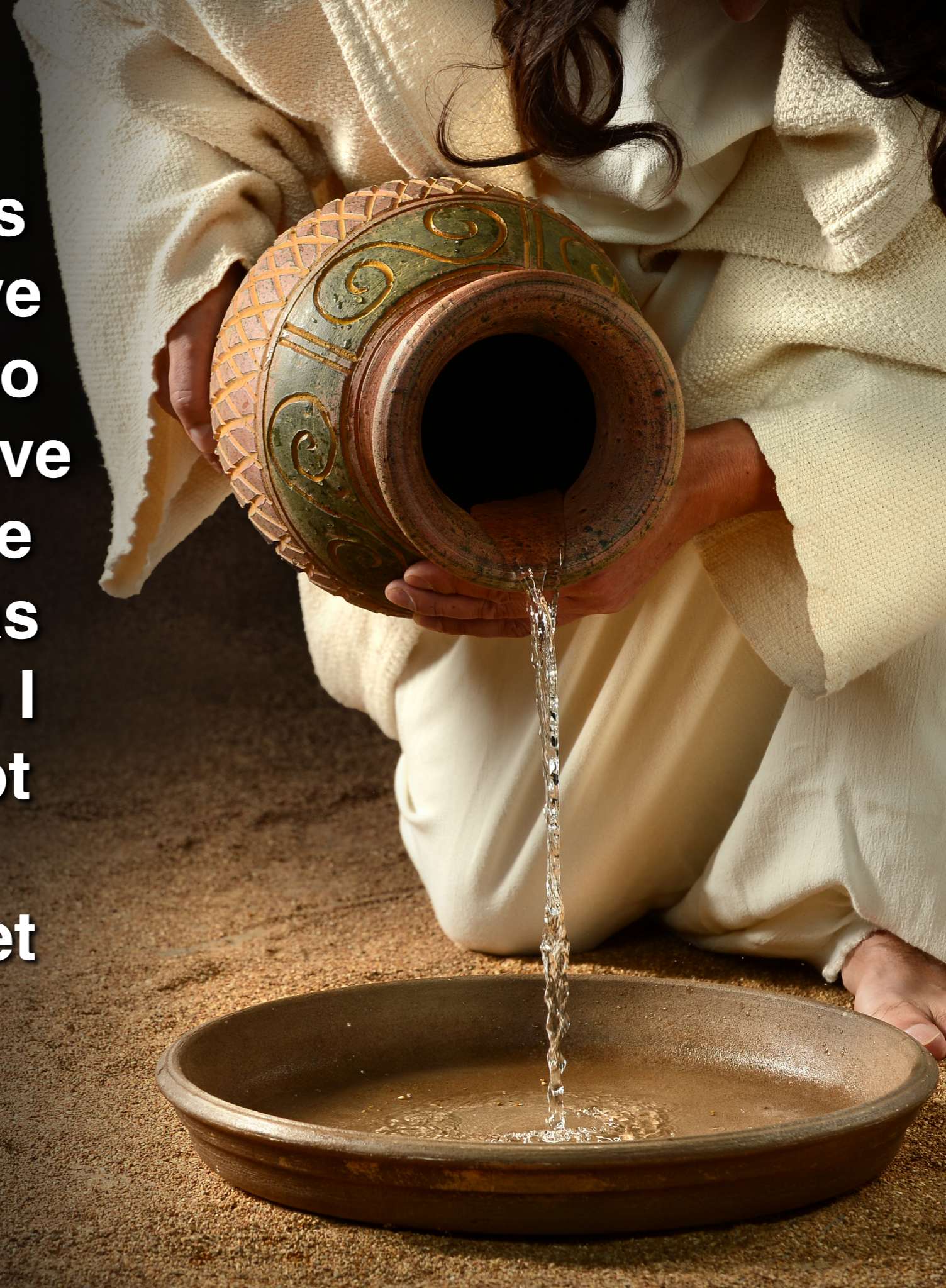
Philippians 4:4-7

7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

**Let not your hearts
be troubled. Believe
in God; believe also
in me.... Peace I leave
with you; my peace
I give to you. Not as
the world gives do I
give to you. Let not
your hearts be
troubled, neither let
them be afraid.**

— Jesus of Nazareth —

The Gospel of John 14:1 & 27

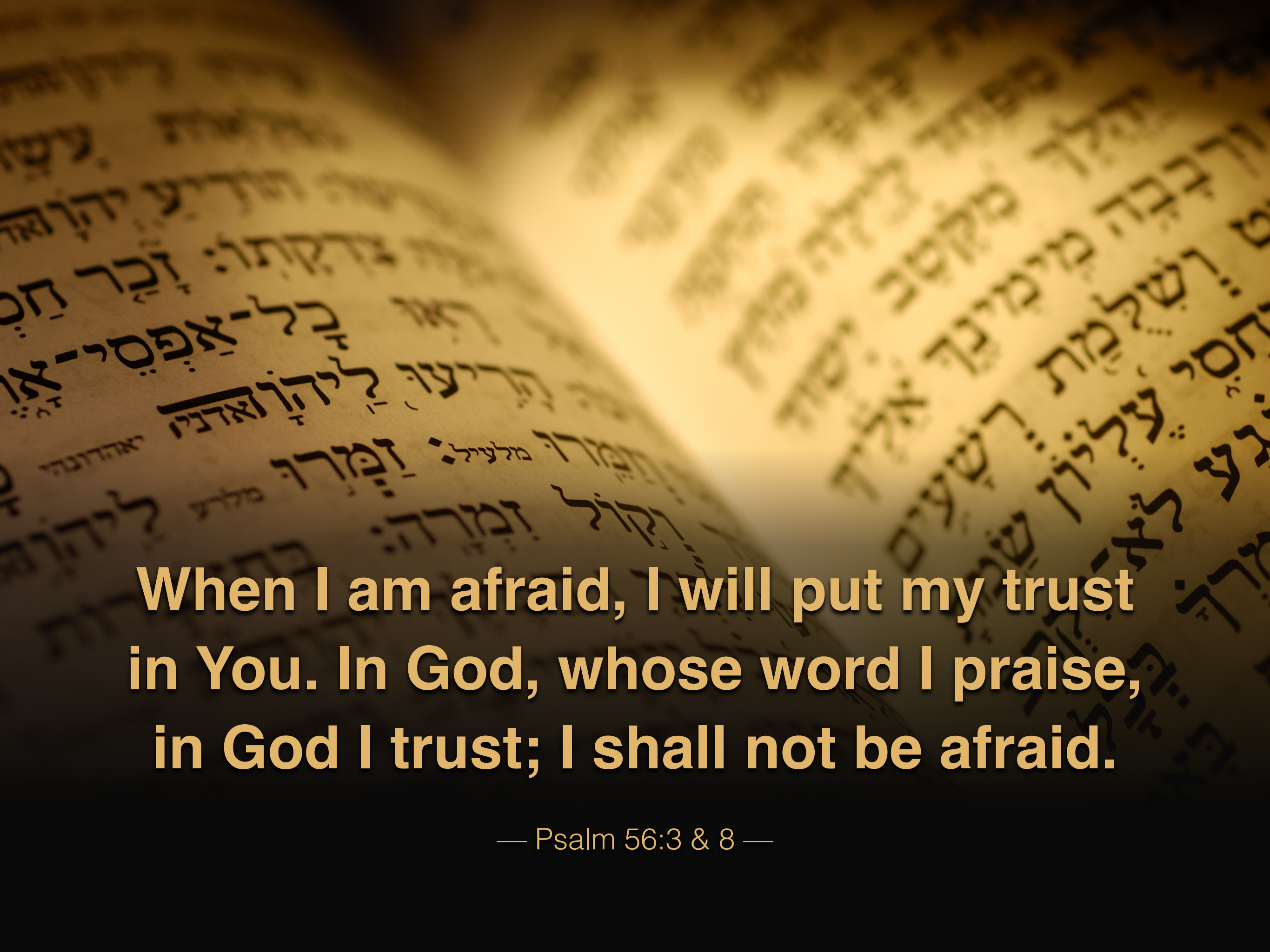




**Let's Battle Anxiety With
The Weapon Of Prayer**

Battling anxiety with prayer is radically different than merely centering yourself, numbing yourself, breathing, meditating, mindfulness, or repeating mantras like “Don’t worry, be happy.”





**When I am afraid, I will put my trust
in You. In God, whose word I praise,
in God I trust; I shall not be afraid.**

— Psalm 56:3 & 8 —

God, this situation

**has got my anxiety
off the charts.**



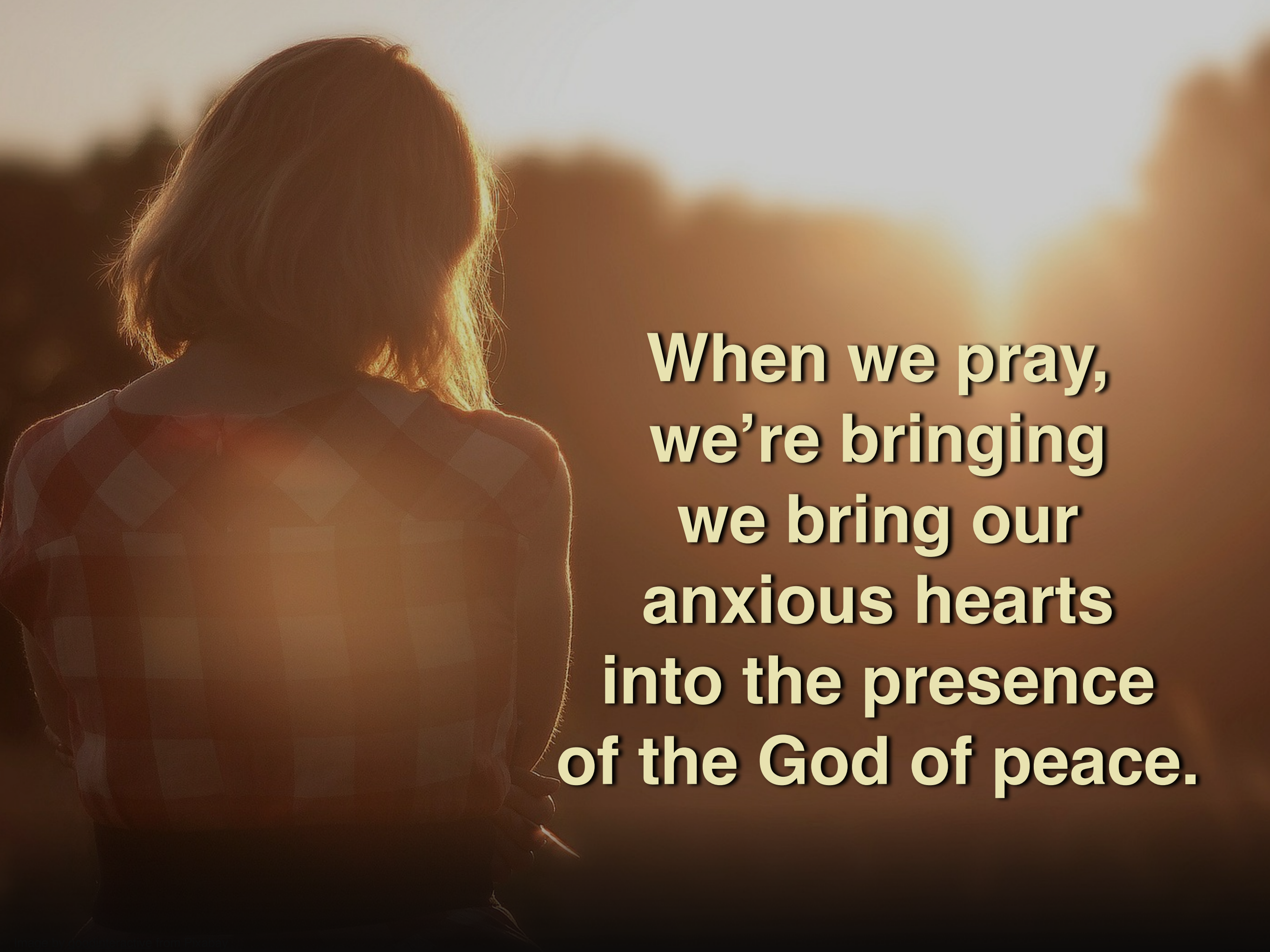


**Lord, these are
the things keeping
me up at night:**

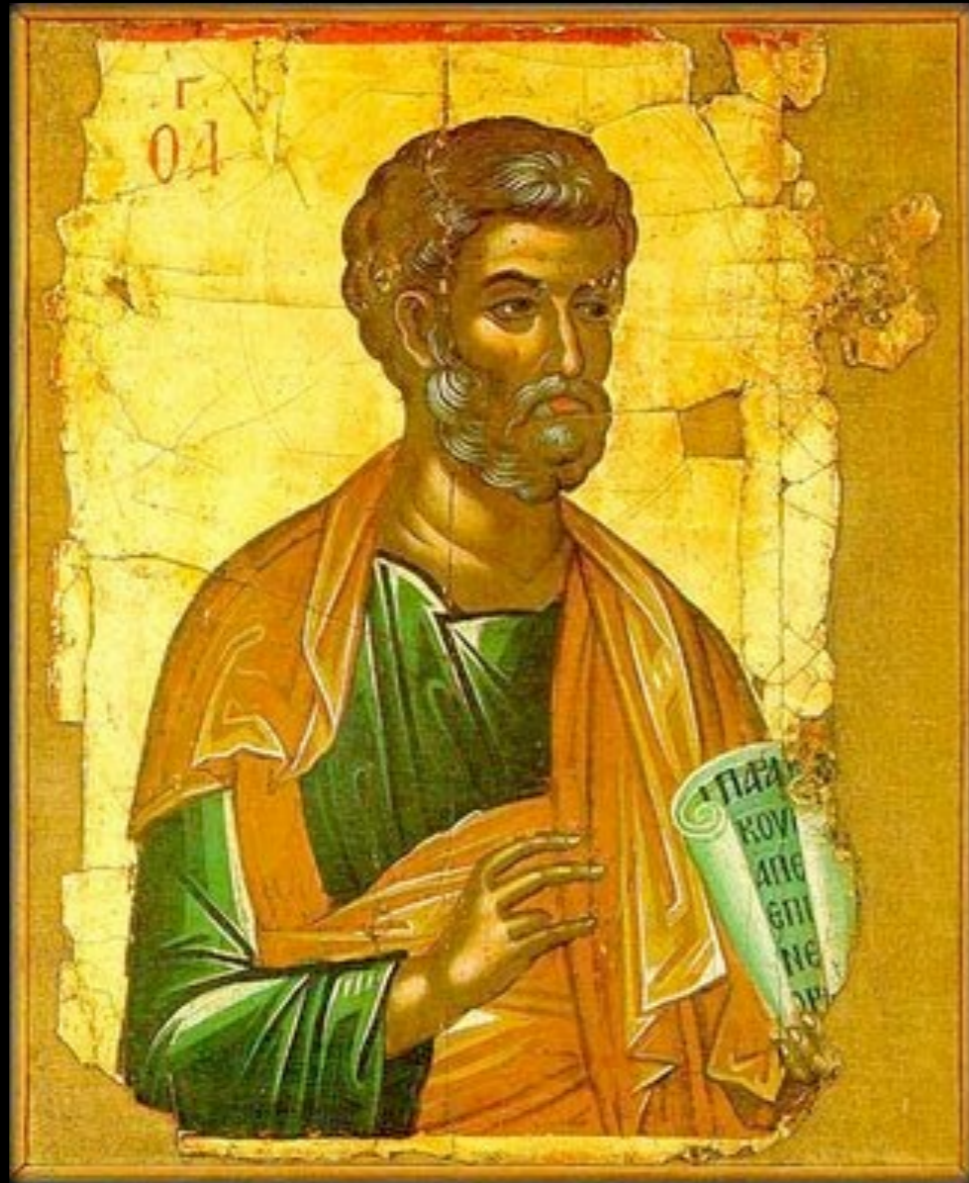
1.

2.

3.



**When we pray,
we're bringing
we bring our
anxious hearts
into the presence
of the God of peace.**



The Apostle Peter
— 2 Peter 5:6-7 —

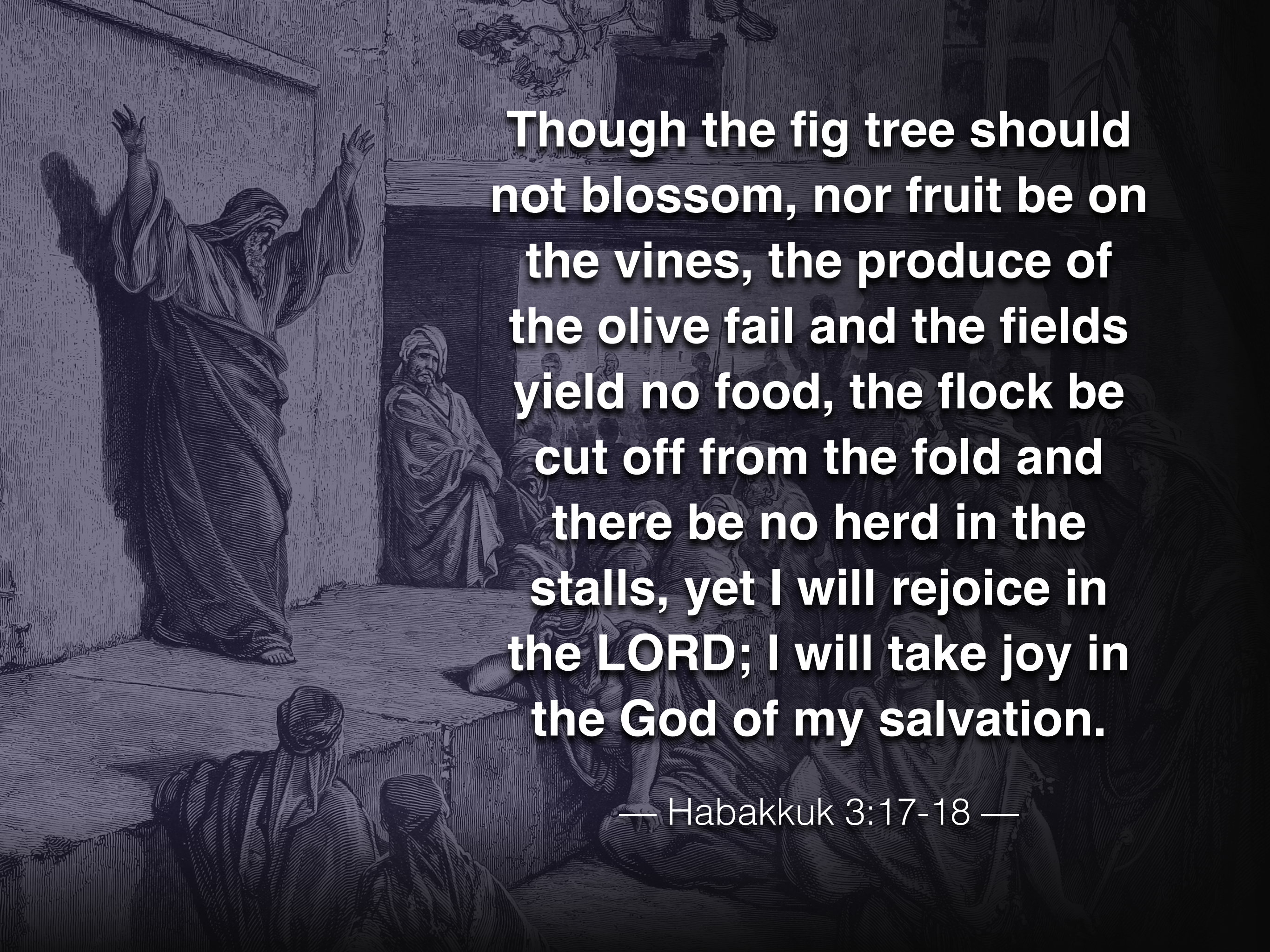
**Humble yourselves,
therefore, under
the mighty hand of
God so that at the
proper time he may
exalt you, casting
all your anxieties
on him, because
he cares for you.**



**Let's Battle Anxiety With
The Weapon Of Prayer**



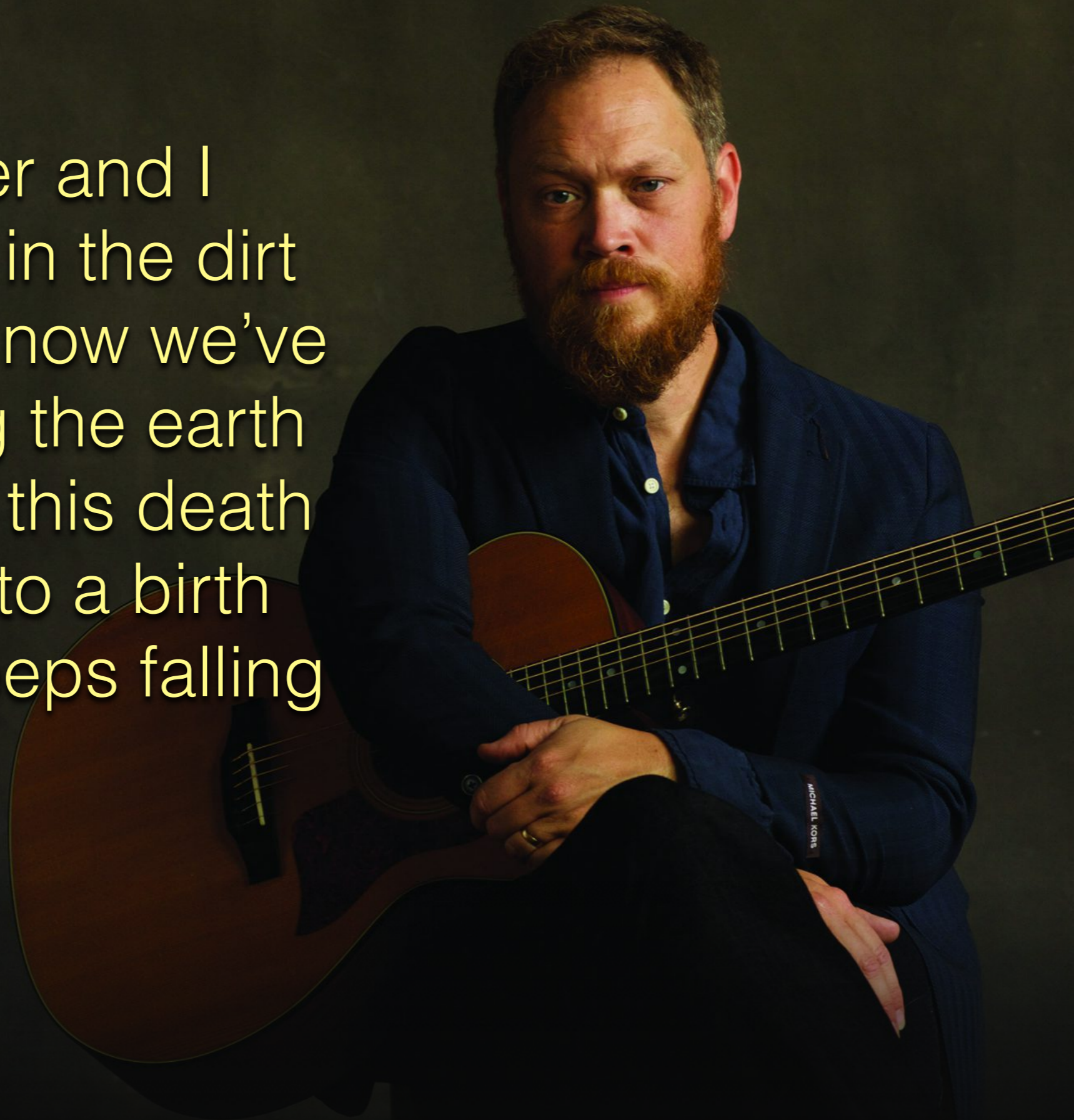
**Let's Anchor All Our Hope
In the God of Peace,
Not In Our Circumstances**



**Though the fig tree should
not blossom, nor fruit be on
the vines, the produce of
the olive fail and the fields
yield no food, the flock be
cut off from the fold and
there be no herd in the
stalls, yet I will rejoice in
the LORD; I will take joy in
the God of my salvation.**

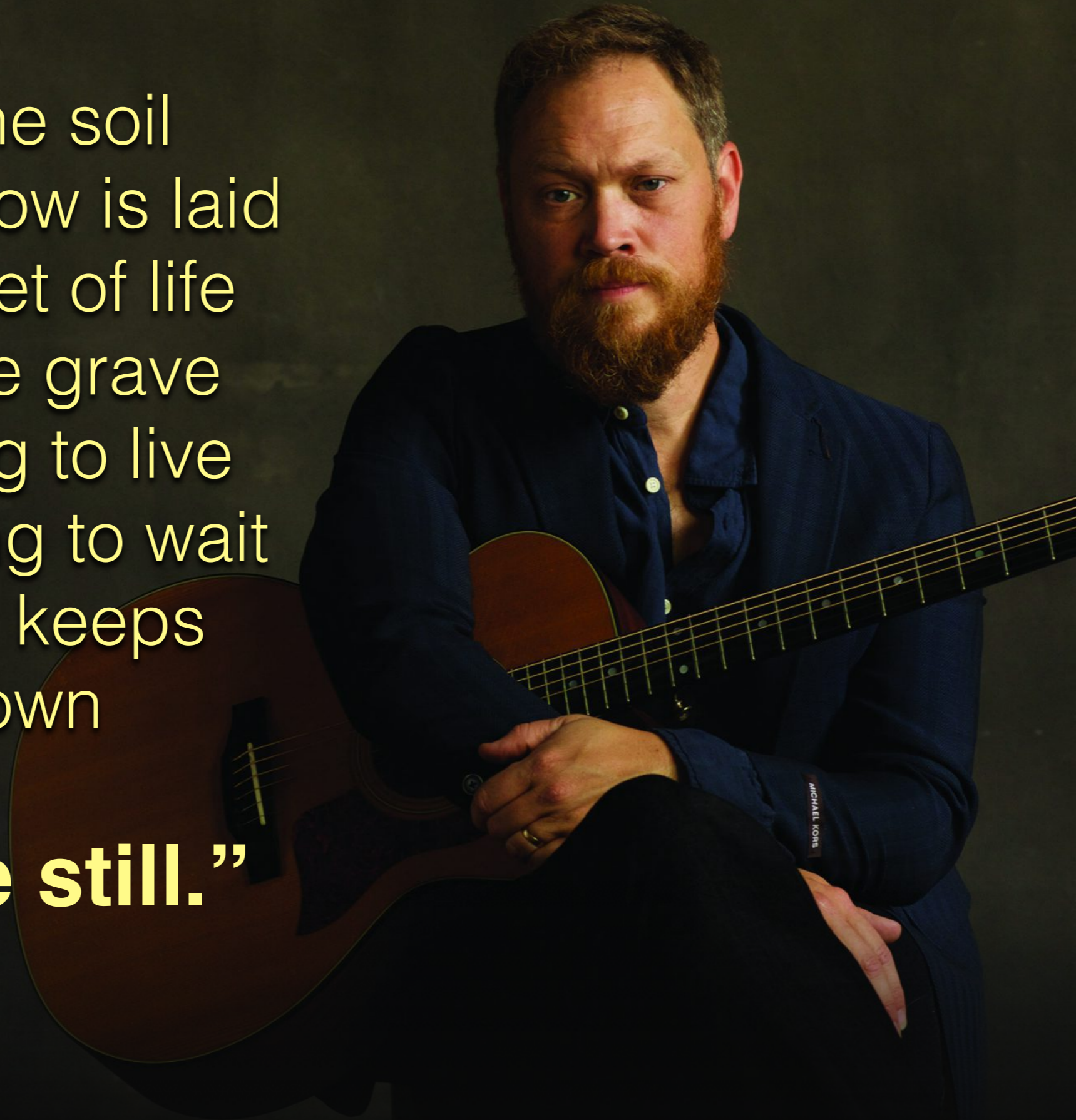
— Habakkuk 3:17-18 —

My daughter and I
put the seeds in the dirt
And every day now we've
been watching the earth
For a sign that this death
will give way to a birth
And the rain keeps falling



Down on the soil
where the sorrow is laid
And the secret of life
is igniting the grave
And I'm dying to live
but I'm learning to wait
and the rain keeps
falling down

“Peace, be still.”



A man with a full brown beard and mustache, wearing a dark blue button-down shirt, is seated and playing an acoustic guitar. He is looking directly at the camera with a serious expression. The background is a dark, textured wall. The lighting is soft, highlighting his face and the guitar.

I just want to be new again

“Peace, be still.”

I just want to be closer
to You again

“Peace, be still.”

Lord, I can't find the song
I'm so tired and I'm
always so wrong.

“Peace, be still.”

I been calling and calling
This rain just keeps falling

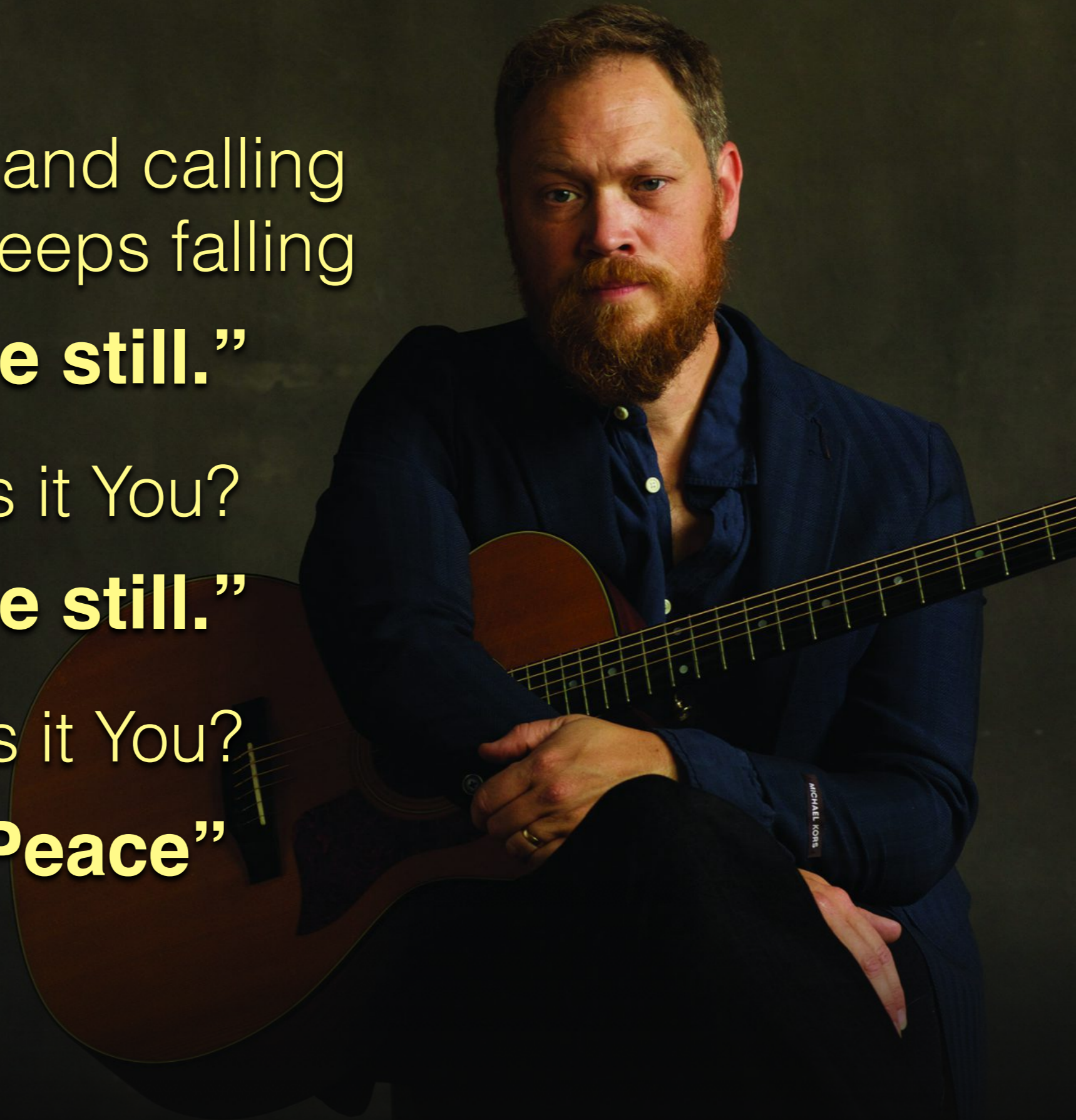
“Peace, be still.”

Is it You? Is it You?

“Peace, be still.”

Is it true? Is it You?

“Peace. Peace”



A person with long hair, wearing a dark jacket and pants, stands with their back to the camera on a dirt path. They are looking out over a vast field of red flowers. In the distance, a single tree stands on a grassy plain. The sky is a mix of dark, stormy clouds and a bright, golden sunset. A vibrant rainbow arches across the sky on the right side. The overall mood is one of hope and resilience in the face of adversity.

**Sometimes God Calms the Storm
Around His Children**

**And Sometimes He Calms His
Children in the Midst of the Storm**



New Living Translation
of Philippians 4:6

**Don't worry about
anything; instead,
pray about everything.
Tell God what you
need, and thank him
for all he has done.**