



Pastor Kelli Wommack “Philippians 4” 9/5/2021

Key Verses:

- Philippians 4:4-7

Key Thoughts:

- Paul addresses worry and anxiety in Philippians 4. His words to this church are applicable to us now. This message is addressing day to day worries. ****If you deal with clinical anxiety or depression, please seek counsel and attention to navigate.****

Philippians 4:4-6

- **Anxious** – *merimao* – “to be intent on something,” like a hound; to brood over or be consumed with.
- **Prayer and petition** – *prayer*: more general; *petition*: very specific
- **Thanksgiving** – gratitude and submission (*eucharisteo*)
- **Present** – submit; give something over
- Paul says don’t pursue relentlessly or be a hound about anything, but with general and specific prayer, with gratitude, submit and give something over to the Lord.
- All verbs are in imperative tense, which means this is a command.

- In Matthew 6, Jesus gives an exhortation about worry. In 1 Peter 5:7, Peter tells us to cast our cares. The idea is for us to let go of the things that hound us.
- In prayer, there comes a distance between us and the thing that’s concerning to us. This type of prayer is laying our anxieties in front of the Lord trusting that he knows best.
- According to Jesus, the whole premise of anxiety and worry is based on fear. Fear says that I don’t trust God. The opposite of worry isn’t apathy, it’s faith. Faith is the chief corrective of worry. Anxiety debilitates and feeds upon itself.
- The issue is that we want control of our circumstances. The things that we worry about are things that we have no control over.
- “It’s our helping God out that leads to an anxious heart.” We take our eyes off the one that’s in control and fix them on the circumstances. Prayer with thanksgiving looks at God.

Philippians 4:7

- And – “*if you do this...*” (be anxious for nothing but pray instead!)
- **Peace** – *eirene* – the joining or binding together of what is broken or divided; to set at one again.
- **Of God** – not peace with God (justification) or peace with others but the inward peace of the soul which comes from God and is grounded in God’s presence and promise
- **Guard** – “*garrison*” – the peace of God is like a garrison or sentinel mounting guard over our hearts and minds



- The peace of God stands guard over us and doesn't let anything in IF we are anxious for nothing and pray instead.
- The peace of God is not the absence of problems, but the presence of God. It's the fruit of believing that God is in control. God is the only source of this peace, and his peace is independent of outside circumstances.
- *Isaiah 26:3* – you will keep in perfect peace those whose minds are steadfast, because they trust in you.
- Paul goes on to say in verses 8 & 9 to think about whatever is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy. And to put into practice what they'd learned, received, heard, and seen in him.

Discussion Questions:

- What did God say to you through this message?
- How do you handle anxiety and worry when it comes? What needs to change?