

## 22S19 Philippians 4:4-7 PEACE

Hello everyone. Thank you for joining me today @ the PUNLA Coffee Table. I hope everyone is doing well. Today I want to continue our study of Philippians with Philippians 4:4-7 PEACE.

Before we start, let us remember this short letter was most likely written by the Apostle Paul while he was in prison in Rome. Paul had first visited Philippi during his second missionary journey, and he has great affection for the church in Philippi. This letter is sometimes called “the Joy Epistle” because of thankful and joyful tone. But remember Paul is in prison in Rome, not very happy circumstances.

I’m reading from the New King James version (NKJV) today. But of course, you can use whatever translation you choose.

Let’s read Philippians 4:4-7 (NKJV) *<sup>4</sup>Rejoice in the Lord always. Again I will say, rejoice! <sup>5</sup>Let your gentleness be known to all men. The Lord is at hand. <sup>6</sup>Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; <sup>7</sup>and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*

**Let’s pray. Dear heavenly father, guide our discussion today such that your message is clear to each of us. As we read your word from Philippians, help us see why Paul is so thankful and joyful despite his situation. I pray that you help me stay out of the way so your hope and peace can be shared with us. I pray this in your name Lord Jesus. Amen.**

I think these verses are some of the most beautiful in all of scripture. I want us to really get what Paul is telling us. If you can master what Paul says in Philippians 4:4-9, you will truly be living a fulfilling, satisfying life.

So, let’s break these verses down a little more. Starting with Philippians 4:4 (NKJV) *<sup>4</sup>Rejoice in the Lord always. Again I will say, rejoice!* I hope we can all shout this at the top of our lungs. Say it again Rejoice! Again say Rejoice! God is our King, our Lord. We should be excited about this.

Philippians 4:5 (NKJV) *<sup>5</sup>Let your gentleness be known to all men. The Lord is at hand.* We need to meditate on this for a moment. Jesus is here with us in the room right now. Jesus came and sacrificed for us so we could have a relationship with Him, right now. If we are His follower, we need to show the world who He is. One way is to let your gentleness be known to all. Most people don’t think of gentleness being a thing to show the world. But God thinks it is. We need to be slow to anger, tender to respond, we need to speak softly and kindly to everyone. No matter what they do to us, no matter what they say about us. So your gentleness to everyone. Ouch. I know I’m still a work in progress with this, but it is important that we work on this. To show the world Jesus, through our gentleness.

Philippians 4:6-1 (NKJV) these words of Paul I simply love. I quote these often and work hard every day to become more and more like Jesus using these words as my guide. *<sup>6</sup>Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; <sup>7</sup>and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*

I just need to take a deep breath. These words are like a fresh breeze or like taking your life's burdens off. Don't worry, Jesus has it under control. Pray and be thankful, Bring your request to you Father God. He hears you. You are important to Him. God, the creator of the universe, wants to hear you. And when we talk and share with our Father God, His peace which is beyond our imagination will fill us. When I was sick in the hospital with COVID and thinking I was dying, I said these words over and over and over again. They gave me great comfort. They gave me great peace. Peace even in the midst of the storm, even while I was struggling to breath. My heart and mind were just filled with Jesus and all His goodness. I was anxious about nothing.

Let's review.

- 1) No Worries? Sleep like a baby. I often say this. God promised we could sleep like a baby without any worldly cares. We can trust God with everything. Then sleep like a baby.
- 2) Be Thankful? Paul is reminding us of when we pray, we should always start with thankfulness. List all the things you are thankful for, then when you ask your Father God for things, you will have the correct perspective. God does not promise to give us everything we want, but He will take care of our needs.
- 3) Peace? The peace that surpasses all understanding. When you trust God with everything, then you will have peace. No matter what happens, trust God. No matters what people say about you, trust God. Just trust God and He will give you peace no matter what.

Let me leave you with this, This peace of God is the most amazing thing to experience. Trusting God in the good and bad, then sleep like a baby. Now I'm human, so I don't always get this right either. But, more and more each day, I surrender more and more to God. Every time I have those thoughts of fear, worry or uncertainty, I fill them up with Jesus Christ. He is more than enough for every situation. Trust God, then sleep like a baby.

**Let's Pray. Heavenly Father thank you for this letter from Paul. Help us to read and meditate on this letter so we can hear the message you have for us. Help us to remember who you are Lord. You are our king, king of kings. You are our Lord, Lord over everyone. We can trust you, Lord. Help us to do what you ask and not worry about what others are doing. I pray this in your Name Lord Jesus. Amen**

I hope you will join us for the rest of our study of Philippians. Please email me comments or feedback. Thank you for joining me today. Until next time @ the PUNLA Coffee Table. God bless.