

**Walking by the Spirit—Part 3**  
**Philippians 4:6-9**

**I. P\_\_\_\_\_ (vs. 6-8)**

a. **Be anxious for nothing** (cf. Rom. 8:38-39ff)

i. **anxious** = *merimnaō* (μεριμνάω) = "to be worried about, to be anxious about" (cf. Matt. 10:19; Luke 10:41; 12:11, 22, 25, 26; 1 Cor. 7:32–34; 12:25; Phil. 2:20)

b. Anxiety vs. Concern

- Concern is taking something seriously
- Anxiety is fear because of a lack of trust in God

c. **The Process** = Communion with God (cf. Matt. 14:22-33):

- Prayer** = *proseuchē* (προσευχή) = "prayer" (cf. Matt. 14:23; Luke 19:46; 2 Cor. 13:7; James 5:15)
- Supplication** = *deēsis* (δέησις) = "that which is asked with urgency based on presumed need—'request, plea, prayer...petition'" (cf. Luke 2:37; Rom. 10:1; Eph. 6:18; Phil. 4:6; 1 Tim. 2:1; 5:5; Heb. 5:7; James 5:16; 1 Peter 3:12)
- Thanksgiving** = *eucharistia* (εὐχαριστία) = "thanksgiving, expressions of thanks, words of gratefulness" (cf. Acts 24:3; 1 Cor. 14:16; 2 Cor. 4:15; 9:11; Eph. 5:4; Phil. 4:6; Col. 2:7; 4:2; 1 Thess. 3:9; 1 Tim. 2:1; 4:3; Rev. 7:12)
- Requests** = *aitēma* (αἴτημα) = "a request, a demand" (cf. Luke 23:24; 1 John 5:15)

d. **The Promise = the peace of God** (cf. Rom. 8:28)

- Paul does not promise that everything will work out like you requested.
- The peace of God is a supernatural gift of the Holy Spirit
- God's promises are ONLY for those who are **IN Christ Jesus**

**II. G\_\_\_\_\_ (v. 8)**

- dwell** = *logizomai* (λογίζομαι) = "to reason about, ponder, think about, keep a mental record of, to bear in mind" (Mark 15:28; Luke 22:37; 1 Cor. 13:5, 11; 2 Cor. 5:19; 10:2)
- We have the choice to either look down at the world's sin, sorrow, or suffering; or to look upward at Christ's Excellencies
- whatever is true** = Jesus is the truth (John 14:6; Eph. 4:21)
- whatever is honorable** = holiness, reverence, dignity, and honesty"
- whatever is right** = God is just and righteous
- whatever is pure** = "chaste, innocent, morally pure"
- whatever is lovely** = "that which calls forth love, or is love-inspiring"
- whatever is of good repute** = reputation
- if there is any** excellence = the moral excellence of God (cf. 1 Pet. 2:9; 2 Pet. 1:3, 5)
- if anything worthy of praise** = the praise of God
- "Perfect Practice makes Perfect" (Coach Eisman)