

Today's Message: Pathways to Peace
Philippians 4:4-9
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Defining Peace

Discovering Pathways to Peace (Philippians 4:4-9)

- Achieving the Right Mindset
- Managing External Conflict – Being at Peace with Others
- Managing Internal Conflict – Being at Peace with Yourself
- Managing That Which We Cannot Control

Walking the Path – Philippians 4:4-9

Peace: A state of tranquility or quiet

- Freedom from civil/cultural disturbance
- A state of security or order within a community
- Freedom from being disturbed or bothered by other people
- Harmony in personal relations (interpersonal)
- Freedom from disquieting thoughts or emotions
- Harmony between governments (cultural/societal)

Conflict: Fight, battle, or war

- A difference that prevents agreement, antagonistic state or action – divergent ideas, interests, or persons
- A mental struggle that results from incompatible or opposing needs, drives, wishes, or external or internal demands

“Secular” pathways to Peace:

“Mindfulness” – Practice of paying attention to the present moment; your thoughts, feelings, sensations, etc. with curiosity and without judgment.

Cultivating inner calm, acceptance, and harmony with yourself and the world around you

Let's complete the picture: James 4:1-10 & James 1:1-27

Conclusion on the matter: Ecclesiastes 12:11-14 & Romans 12:1-2

Achieving the Right Mindset:

“Rejoice in the Lord always, I will say again, rejoice”

Managing External Conflict (Being at Peace with Others)

“Rejoice in the Lord always, I will say again rejoice!

Let your gentleness be evident to all. The Lord is near.” (4-5)

James 5:7-9

Managing Internal Conflict (Being at Peace with Yourself)

⁶ Do not be anxious in anything, but in everything by prayer and petition, with thanksgiving, present your requests to God.

Learning How to Avoid Being Anxious

(Sampling of verses/actions from my example, not all inclusive!)

Walking the Path

Where are you and where do you need to be?