

A PEACE THAT QUIETS ANXIOUS MINDS

PHILIPPIANS 4:4-7 | ERIC SIMPSON | NOVEMBER 27, 2022

Philippians 4:4-7

4 Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Gratitude, presence and prayer become the pathway to a peace that transcends understanding.

merimnaó = (mer-im-nah'-o) = strangled or choked with concern

➤ **Gratitude**

v. 4, Rejoice in the Lord always. I will say it again: Rejoice!

Anxiety is a grasping for control of what we do not have in the future.
Gratitude is giving thanks for what we do have in the present.

➤ **Presence**

v. 5, "...the Lord is near"

Psalm 145:18

The LORD is near to all who call on him, to all who call on him in truth.

Psalm 46:1

God is our refuge and strength, an ever-present help in trouble.

Immanuel = God with us

God + anybody = a majority

➤ **Prayer**

v. 6...in everything, by prayer and petition, with thanksgiving...

"I know that God is loving and that God's loving is trustworthy. I know this directly, through the experience of my life. There have been plenty of times of doubt, especially when I used to believe that trusting God's goodness meant I would not be hurt. But having been hurt quite a bit, I know God's goodness goes deeper than all pleasure and pain—it embraces them both."

– Gerald May

This week...

- Create a gratitude ritual, begin each day with, "Lord, thank you for _____."
- No matter what "news" you're confronted with this week, whisper "Immanuel, The Lord is near."
- Pray through these Scriptures – Psalm 1, Psalm 16, Psalm 42, Psalm 84, Psalm 103

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