

## GSM

### Philippians 4:6-9

#### I. Philippians 4:6

A. Paul is continuing practical principles for dealing with strife with others

1. Get the mind of God- What does the Word say- **vs. 2**

2. rejoice in the Lord- **vs. 4**

3. Let your moderation known- listen to reason, be slow to speak, slow to anger- **vs. 5; James 1:19**

4. Pray about each situation

B. **Be anxious for nothing-** Gr. **merimnao-** from **merizo-** *to divide*

1. Do not be divided or distracted- We tend to turn our focus upon problems, circumstances, and things we do not like. We lose sight of the big picture in our lives. We are to keep our focus upon the Lord and giving Him glory in all we do by trusting Him in all things. Satan sends problems and people to get us distracted from God. Satan does not care what we get distracted by, just that we get distracted from our relationship and trust in God.

2. Satan is a master of the diversion tactic. He will do everything he can to derail you from the will of God and His plan for your life and ministry. He will use problems with people to try to get you to worry, or discourage you, or get you offended so that you will give up or not be effective.

3. We are not to let even one thing distract us or divert us from trusting in and serving God.

4. **1 Peter 5:7-** We must learn to cast each and every care upon God- **(1Pe 5:7)** Casting the whole of your care [*all your anxieties, all your worries, all your concerns, once and for all*] on Him, for He cares for you affectionately and cares about you watchfully. [*Ps. 55:22.*]

5. When we get distracted by problems we get agitated in our emotions- fear, anger, frustration...

C. **but in everything**

1. whether it be positive or negative.

D. **by prayer and supplication**

1. The first inclination we have in problems with people is usually wrong. It is from the flesh. We act from the agitation of our heart, mind, and flesh. This will only bring more problems!

2. We need to stop and pray about each situation and get God's direction and peace.

3. prayer- communion with God

4. supplication- definite requests asked in faith

**E. with thanksgiving**

1. This is an expression of faith that God has heard your prayer and has your situation.

2. When we enter a place of believing God has heard our prayer we enter into a state of peace. This state is the place we are to make decisions and to respond to those who we are having problems with.

**F. Let your requests be known to God**

1. Instead of letting everyone know about your problem, let your requests be known to God. Many just let God know about their problems. He wants to hear your requests that are the product of getting His mind, rejoicing in Him, listening, and communion with Him. He does not want to hear requests like David prayed- Break their teeth O God! Or Swallow them alive into hell O, God!

2. God knows your problems; He wants to know your requests. God needs you to request His assistance. He will not force Himself upon you!

3. If we hang onto anxiety and worry we are telling God that we have our problem and that He is not requested to help us or to handle the problem.

**II. Philippians 4:7**

**A. and the peace of God- Gr. eirene-** from **eiro-** *to join-* anxiety causes distraction, peace causes unity

1. When we turn over problems and people to the Lord we get peace instead of anxiety

2. We should not act or make a decision out of agitation or anxiety. We only should act out of peace. If you have no peace, CEASE!

3. The flesh and Satan will try to pressure you that you have to act or answer right now. If you lack peace do not.

**B. which passes all understanding**

1. When you have God's peace it will make no sense why you are so peaceful!

2. God peace is greater than your understanding. God peace means that God's wisdom and power is working for you! God's wisdom is greater than your understanding in dealing with your problem and His power is greater than your ability to handle your problem

**C. shall keep your hearts and minds-** keep- Gr. **phroureo-** *mount a garrison of soldiers*

1. The soldiers of God's peace will mount guard around our heart and mind
2. We know we have God's peace when our hearts cease to be agitated and our mind is not grasping for solutions and replaying the problem over and over
3. We know we are at peace when we stop worrying about the future. We can plan for the future but we don't worry about the future.
4. We do not have to fight with others. God will fight for us, and the soldiers of peace will protect us

**D. through Jesus Christ**

1. God will move and work on your problems for you because of the standing and merits of Jesus Christ. We must rest in the grace of God and the righteousness of Jesus Christ. If our focus is in our performance, faith will be crippled.

**III. Philippians 4:8**

- A. God gives us peace as a gift when we truly hand over our problems to Him in faith and thanksgiving. He gives us peace at the point of our prayer
- B. However, after we walk away from prayer we have a part to play in keeping the soldiers of peace at their post!
- C. We need to watch what we think on! What we think on effects our emotions and hearts.
- D. What keeps the soldiers of peace at their post? Thoughts that are:
  1. true- This of course would include the Word of God which is truth. We should not dwell upon what is lies. Satan tells us lies but we still tend to ponder them! That is amazing!
  2. honorable- Not all true things are honorable. So, we are not to dwell on true things that are dishonorable- This includes the faults and failures of others and ourselves!
  3. right/righteous- We are only to think right things. **Prov. 12:5-** The thoughts of the righteous are right! There is right and wrong thinking! We are to have righteous thinking. We should focus upon the gift of righteousness given to us by grace. This will keep our mind and heart stable when people come against us. Our identity is cemented in God and not in people's opinions!
  4. pure- If it is not pure, then spit it out of your mind
  5. lovely- We need to have our mind centered in the fact God loves us. This is a real faith booster!

6. good report- this is good news or the gospel- We need to preach the good news to ourselves. We need to recount over and over in our minds the good news of what God says about us. We need to focus on the good news about things around us. Many are recounting all the bad news they have heard about them in their life from people and Satan and what they hear around them.

7. virtue- *excellence- what is suitable for the time and place of a situation.* Some people's thoughts are not productive or helpful to them at the moment. Worry is very unproductive!

8. praise- We need to think about things that cause us to praise God. We need to remember all that God has done for us in the past and how He has solved every problem we have had up till now!

E. Paul gives us **eight** things to sift our thought through- **eight** speaks of a new beginning. If we want a new beginning or a change in our life, it begins with our thought life! If we want to change, it begins between our ears!

F. Many people see screening their thoughts this way is way too hard. This is because their mind is unrenewed. This is why new believers struggle so much and are very unstable. It is because their mind is renewed and they struggle in their thinking. The more your mind is renewed the less your struggle and instability will be.

G. The emotions are tied directly to our thoughts. Those who do not have their mind renewed experience regular if not constant anxiety and emotional agitation.

#### IV. Philippians 4:9

A. **those things you have [in me]**- Paul lived in such a way that he was an example for living

1. learned- We must avail ourselves of teaching

2. received- We need to believe what we are taught

3. heard- We must avail ourselves of hearing

4. seen- We need to see through the eye of faith what we hear

B. **do**- If we are going to consistently do the Word we must take in four times the input. Genuine output in the Christian life comes from what we input into our lives. We are empowered to do what we have learned, received, heard, and seen in the Word and prayer. If we cease learning, receiving, hearing, and seeing we will cease doing the Word of God. In the parable of the sower and seed it was the fourth ground that produced- It continued to learn, receive, hear, and see.

C. **and the God of peace will be with you**

1. The last thing we are called to do is to do what God teaches and speaks to us. This comes after calming ourselves down and praying about our situation and putting into God's hands. Often what we are to do will be given to us only after we have given our situation over to God in faith and have entered into His peace.

2. peace in the Old and New Testaments are all inclusive terms- salvation, deliverance, peace, prosperity.

D. Recap in dealing with problems and people

1. Refuse to be agitated and anxious

2. Pray about every situation

3. Thank God in faith for taking the situation and working on it for you

4. Maintain peace by screening your thoughts

5. Continue to learn, receive, hear, and see what God is communicating to you.

6. Do what God says to you