

## Knowing Peace

August 12, 2012

PHILIPPIANS 4:1-9

Vol. 2 Num. 32

### Core Competency:

**Peace-** I am free from anxiety because things are right between God, me, and others.

*Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses every thought, will guard your hearts and minds in Christ Jesus. (Philippians 4:6-7)*

### Using This Study

#### ❶ EXAMINE His Word

What does God SAY? The words God uses to communicate matters so pay close attention to the details emphasized or repeated in the passage.

#### ❷ DISCOVER His Word

What does God MEAN? Answer the questions and then bring to your COMMUNITY GROUP to discover and discuss with others.

#### ❸ LIVE His Word

How does this truth FIT? God's word is lived in real life so engage with truth in your LIFE GROUP.

### Introduction

Recently, I had to replace my lap-top. One of the first things that I did was to safeguard my computer. To protect it from attacks, I knew that I needed to strengthen its defenses. To ward off computer problems, I installed a firewall. A firewall isolates your computer from outside influences and is designed to prevent unauthorized access to or from your private network. It allows the data considered safe to enter and blocks unsafe data from corrupting your computer.

It is no different with the human mind. We must strengthen our defenses by installing a spiritual firewall to guard our thoughts. As with a computer, our minds are exposed to a constant stream of information. It is here that the battle for our heart rages.

In Philippians 4, Paul identifies one of the many ways that our minds are susceptible to attack when he says, "Don't worry about anything." You see, anxiety is one of the most efficient thieves of joy, peace, and freedom. Proverbs 12:25 says that an anxious heart weighs a man down. In the words of the Scottish theologian, Ian Maclaren,

*"What does your anxiety do? It does not empty tomorrow of its sorrow, but it does empty today of its strength. It does not make you escape the evil; it makes you unfit to cope with it when it comes."*

### This Week

As you study this passage, consider Paul's instructions to the Philippians. He invites believers to be free of worry. His directives involve guarding your heart and mind and deliberately refocusing through prayer.

Take your burdens into God's presence and lay them down there. He is your Father. He made you, and He will supply all that you truly need. Your concerns are dear to the One who notices a falling sparrow and by whom the very hairs of your head are numbered. Trust God for everything and allow God to exchange your worries for His deep and abiding peace.

## ① EXAMINE His Word

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What does God SAY? The words God uses to communicate matters so pay close attention to the details emphasized or repeated in the passage:

### Philippians 4:1-9

1 So then, my brothers, you are dearly loved and longed for—my joy and crown. In this manner stand firm in the Lord, dear friends.

2 I urge Euodia and I urge Syntyche to agree in the Lord.

3 Yes, I also ask you, true partner, to help these women who have contended for the gospel at my side, along with Clement and the rest of my coworkers whose names are in the book of life.

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

5 Let your graciousness be known to everyone. The Lord is near.

6 Don't worry about anything, but in everything,

through prayer and petition with thanksgiving, let your requests be made known to God.

7 And the peace of God, which surpasses every thought, will guard your hearts and minds in Christ Jesus.

8 Finally brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is any praise—dwell on these things.

9 Do what you have learned and received and heard and seen in me, and the God of peace will be with you.

## ② DISCOVER His Word

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What does God MEAN? Answer the following questions and then bring to your COMMUNITY GROUP to discover and discuss with others.

1. a) What does the personal message directed to Euodia and Syntyche reveal about the condition of believers both then and now? What does this personal section show us about our own responsibility in the church? What is the danger of leaving conflict unresolved within the body of Christ?  
  
b) How might the believer appropriate gentleness?
2. a) Why is gentleness virtuous? Scripture is full of verses discussing the benefits of a gentle approach and gentleness as part of God's character. Use your concordance to find 2 verses from the Bible that address gentleness and explain why they are meaningful to you.  
  
b) How might the believer appropriate gentleness?
3. What is the attitude or root of anxiety and why do you think the believer is strongly cautioned against worrying?
4. When you feel worried or anxious, why are you instructed to pray? What is the goal of this type of prayer? What effect does thanksgiving have on this prayer?

5. a) Create comparative lists:

Results of allowing your mind to linger over temptations, worries, negative thoughts, gossip	Benefits of letting your mind dwell on whatever is true, honorable, just, pure, lovely, commendable, morally excellent, and praise-worthy

b) Think about what you allow into your mind through television, books, movies, magazines, the internet, and conversation. How does this line up with Paul’s exhortations in verse 8?

c) In practice, what specific actions could you take to “dwell on these things”?

## **Sermon Notes:**

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## **③LIVE His Word**

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**How does this truth FIT? God’s word is lived in real life so engage with truth in your LIFEGROUP:**

What implications, if any, does 4:8 have for a Christian's attitude toward the arts, habits of television and film viewing, reading matter, other pastimes?

# 30 CORE Competencies

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## 10 Core Beliefs

**Trinity** *2 Corinthians 13:14*

I believe the God of the Bible is the only true God - Father, Son, and Holy Spirit.

**Salvation by Grace** *Ephesians 2:8-9* I believe a person comes into a right relationship with God by His grace, through faith in Jesus Christ.

**Authority of the Bible** *2 Timothy 3:16-17*

I believe the Bible is the Word of God and has the right to command my belief and action.

**Personal God** *Psalms 121:1-2*

I believe God is involved in and cares about my daily life.

**Identity in Christ** *John 1:12*

I believe I am significant because of my position as a child of God.

**Church** *Ephesians 4:15-16*

I believe the church is God's primary way to accomplish His purposes on earth today.

**Humanity** *John 3:16*

I believe all people are loved by God and need Jesus Christ as their Savior.

**Compassion** *Psalms 82:3-4*

I believe God calls all Christians to show compassion to those in need.

**Eternity** *John 14:1-4*

I believe there is a heaven and a hell and that Jesus Christ is returning to judge the earth and to establish His eternal kingdom.

**Stewardship** *1 Timothy 6:17-19*

I believe that everything I am or own belongs to God.

## 10 Core Practices

**Worship** *Psalms 95:1-7*

I worship God for who He is and what He has done for me.

**Prayer** *Psalms 66:16-20*

I pray to God to know Him, to lay my request before Him and to find direction for my daily life.

**Bible Study** *Hebrews 4:12*

I read the Bible to know God, the truth, and to find direction for my daily life.

**Single-mindedness** *Matthew 6:33* I focus on God and His priorities for my life.

**Spiritual Gifts** *Romans 12:4-6*

I know and use my spiritual gifts to accomplish God's purposes.

**Biblical Community** *Acts 2:44-47*

I live life with other Christians to accomplish God's purposes in the world.

**Giving Away My Time** *Colossians 3:17*

I give away my time to fulfill God's purposes.

**Giving Away God's Money** *2 Corinthians 8:7*

I give away God's money to fulfill God's purposes.

**Giving Away My Faith** *Ephesians 6:19-20*

I give away my faith to fulfill God's purposes.

**Giving Away My Life** *Romans 12:1*

I give away my life to fulfill God's purposes.

## 10 Core Virtues

**Joy** *John 15:11*

I have inner contentment and purpose in spite of my circumstances.

**Peace** *Philippians 4:6-7*

I am free from anxiety because things are right between God, me, and others.

**Faithfulness** *Proverbs 3:3-4*

I demonstrate loyalty in my relationships with others in response to God's loyalty to me.

**Self-Control** *Titus 2:11-13*

I have the power, through Christ, to control myself.

**Humility** *Philippians 2:3, 4*

I choose to esteem others above myself.

**Love** *1 John 4:10-12*

I sacrificially and unconditionally love and forgive others.

**Patience** *Proverbs 14:29*

I endure patiently under the unavoidable pressures of life.

**Kindness/Goodness** *1 Thess. 5:15*

I choose to do the right things in my relationships with others.

**Gentleness** *Philippians 4:5*

I am thoughtful, considerate and calm in dealing with others.

**Hope** *Hebrews 6:19-20*

I can cope with the hardships of life and with death because of the hope I have in Jesus Christ