





'Joy' in Philippians is a defiant 'nevertheless!' which Paul sets like a full stop against the Philippians' anxiety.

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## 2. Gentleness (4:5)

- respectful
- not demanding all of your rights
- peaceable
- courteous
- an attitude with all people – not just Christians
- be mellow, moderate

- » Such a gentle spirit frees us from a great deal of negative energy
- » Such negativity impacts our own spirits
- » Do not hold onto resentment; takes away our joy

The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:5b-7

## *Based on the "Two Affirmations"*

- » "The Lord is near" (v5b)
  - Near in time and space
  - A God in solidarity with us in all of our situations and troubles
  - With us in our daily experiences

- » "the peace of God will guard our hearts" (v7)
  - Only time 'peace of God' in N.T.
  - We are invited into the serenity and tranquility of God – into his peace not ourselves
  - God is the source of our peace
  - Shalom of God – total harmony, equanimity of God



- » This peace will 'guard our souls'
- » Will act as a garrison around our souls
- » Philippi – a garrison city
- » Keep watch over our souls as a sentry

### *Leads Us in Two Directions*

1. The result of God's peace is a diminishment of our anxiety
  - Anxious, harassing cares; low or high grade fear; anxiety for the future

- 1 Peter 5:7 – "Cast all your care (anxiety) on him, because he cares for you"
- Matthew 6:34 – "Do not be anxious about tomorrow"

2. Anxiety is canceled through prayer

Four terms for prayer (v6)

- Prayer (toward God)
- Supplication – petition, needs
- Requests – specific needs
- Thanksgiving – a spirit of confidence and trust

### *The Antidote to Anxiety*

- » A prayer of all concerns
- » Let it all be known to God
- » A conversation of complete openness with God
- » With a thrust of thanksgiving/ trust in God

Now let us have a little talk with Jesus. Let us tell him all about our troubles.

He will hear our faintest cry and we will answer by and by.

Now when you feel a little pray'r wheel turning then you'll know a little fire is burning.

You will find a little talk with Jesus makes it right.

