

#### Pastor Shawn

March 16, 2025

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

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have <u>learned or received or heard from me or seen in me—put it into practice.</u> <u>And the God</u> of peace will be with you. Philippians 4:1-9

# What is the key to living in peace during uncertainty and suffering

External behavior will result from an internal posture and promise of God.

# Behavior Goals: Joyful & Gentle: "Let your gentleness be evident to all."

(epieikes) The Greek word translated as "gentleness" or "reasonableness" (epieikes) suggests a calm, considerate, and patient demeanor, not weakness or passivity.

"...wisdom from above is first of all pure. It is also peace loving, <u>gentle</u> at all times, and willing to yield to others... peacemakers will plant seeds of peace and reap a harvest of righteousness." James 3:17

### Don't be Anxious: (Jesus' Teaching on Anxiety Matthew 6:25-34)

"Anxious" is to be divided, distracted, or pulled in different directions, unfocused, lost, vulnerable, & fearful.

- Pray about your concerns: "in every situation, by prayer and petition",
  - **Prayer:** communication / sharing with God, not just asking "Give all your worries and cares to God, for he cares about you." 1 Peter 5:7
  - **Petition:** direct appeal to God / specific need / Request "...you don't have what you want because you don't ask God for it." James 4:2
- & Give thanks "with thanksgiving, present your requests to God" "Give thanks in all circumstances; for this is the will of God in Christ Jesus for you" 1 Thess 5:18
- Focus on the good: "whatever is noble, right, pure, lovely, admirable, excellent and praiseworthy."

"...let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you" Romans 12:2

# Peace of God & the God of Peace

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# A gift of peace from God to GUARD your heart and mind.

Even when life is hard, and the world is chaotic, God's peace is a real and present force that guards your heart and mind, just like a Roman soldier guards a city.

# A gift of a His personal presence – The Holy Spirit

"Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful."

"These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world." John 14:27, 16:33