

Theme: Rather than facing our circumstances with anxiety, we should draw near to God and live for Him, knowing the God of peace is with us.

I. Intro – My Struggle with Anxiety

- A. Surprise – I have a type A personality!
- B. I am intense, passionate, driven
- C. This can produce anxiety – Okinawa, etc.
- D. I am not alone – a lot anxiety in America
- E. Paul certainly had reasons for anxiety!

II. A Life of Godward Piety – Not Anxiety

- A. What is to be avoided – anxiety (v6)
 - 1. Philippians facing persecution (1:28-30)
 - 2. Jesus tells us not to worry (Mt 6:31-34)
 - 3. We can't control life & circumstances
- B. How to avoid anxiety – a godward life of piety
 - 1. Note universality, strong adversative (v6)
 - 2. In every situation can focus on trouble or God
 - 3. Way to be anxious about nothing – pray about everything
- C. Building a godward life of piety

1. Rejoice (v4)

- a. Rejoice always – 2x! – not Stoic – joy!
- b. Rejoice “in the Lord” – book of life (v3-4; Lk 10:20)
- c. Always – regardless of circumstance (Acts 16)

2. Prayer – in everything (v6)

- a. Note 3 words for prayer in v6
- b. Draw close to God in prayer – in everything!

3. Thanksgiving – with our prayer (v6)

- a. Give thanks to God in our prayer (v6)
- b. Give thanks to God – in everything

4. Rejoice, pray, give thanks (1:3-4; 1 Th 5:16-18)

III. A Godward Life – In Practice

A. A life focused on virtue – sanctification (v8)

- 1. A list of 6 virtues – think about these
- 2. Derived from pagan/wisdom; representative
- 3. Focus on virtue – not vice and problems

B. Put Paul's example into practice (v9)

- 1. 4 ways to get from Paul – teaching to example

2. Put into practice – continuous idea

IV. The Peace of A Godward Life

A. Peace of God guards hearts and minds (v7)

1. Like a garrison (one in Philippi)
2. Entire being – thoughts, emotions, will

B. God of peace with you (v9)

1. The Presence of God Himself – great promise!
2. Key (in Lord; near; πρὸς τὸν θεόν; in Christ; with you')
3. He Himself is our peace – internal, others, God

V. Applying the Word

A. Are we anxious – about anything?

1. Anxiety is a sure sign I am not focused on God
2. Am I ruled by circumstance – or God?
3. Do I trust God – or do I have to work it myself?
4. Do I pray – or worry, manipulate, fuss, moan, etc.?

B. Am I a thankful, joyful person?

1. Do I rejoice in the Lord – always?
2. Am I thankful – in all things?

3. Circumstances do not dictate joy, thanks – God does!

4. We have much to be thankful for!

5. Matthew 6 – and the Gospel!!!!

C. Am I practicing my faith?

1. Do I focus on growing in virtue – or problems?
2. Do I follow godly examples?
3. Do I continue to walk godly – or give up?

D. Our need – the God of peace

1. Our true need is peace of God/God of peace
2. He has come to us in Christ – He is our peace
3. Come to the Table and receive His peace

A Godward Life

Philippians 4:4-9

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Communion

2 Thessalonians 3:16

27 Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you stand firm in one spirit, contending as one man for the faith of the gospel 28 **without being frightened in any way by those who oppose you.** This is a sign to them that they will be destroyed, but that you will be saved-- and that by God. 29 **For it has been granted to you on behalf of Christ not only to believe on him, but also to suffer for him, 30 since you are going through the same struggle you saw I had, and now hear that I still have.**

Philippians 1:27-30

31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:31-34

20 However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven.

Luke 10:20

3 I thank my God every time I remember you. 4 In all my prayers for all of you, I always pray with joy

Philippians 1:3-4

16 Be joyful always; 17 pray continually; 18 give thanks in all circumstances, for this is God's will for you in Christ Jesus.

1 Thessalonians 5:16-18