

# Contagious Calm

Philippians 4:5-6

Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Gentleness – In the storm, the Christ-follower responds with a contagious calm,  
a reasonableness  
a level head and  
with merciful patience.

“evident to all” – obvious?  
In every situation?  
Contagious?

“Let your reasonableness be known to everyone” (ESV)

“gentle spirit” - NASB

“gentleness” - NIV

moderation - KJV

considerate - NLT

gentle and kind -NCV

How does the promise that the Lord is near help us be calm?

## **1. You do not need to be afraid**

Worry is fed by fear -

- . Fear of the future
  
- . Fear of loss- job, money, approval, friends, health
  
- . Fear of being alone

Most of the brothers, having become confident in the Lord by my imprisonment are much more bold to speak the Word without fear.

Phil.1:14

Not frightened in anything by your opponents.

Phil 1:28

Fear sees a threat.

Anxiety imagines one.

The Lord is my helper; I will not fear; what can man do to me?

Heb. 13:6

I will never leave you nor forsake you. Heb. 13:5

Be strong and courageous. Do not be frightened and do not be dismayed, for the Lord your God is with you wherever you go. Joshua 1:9

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you. I will uphold you with My righteous right hand.

Isa. 41:10

Isolation and fear create a downward cycle of fret.

The Lord is Near to the brokenhearted and saves the crushed in spirit. Ps. 34:18

Immanuel – God with us.

Matt. 1:23

I am with you always, to the end of the age. Matt. 28:20

“The contagiously calm person is the one who reminds others – God is in control.” Max Lucado

Were you afraid?

“Yes, I shook all night but the rock didn’t.”

## **2. You do not need to attack.**

Worry – anxiety – tension – outbursts of anger – conflict  
– broken relationships

Let your forbearance be known to all men” (RSV)

A non-retaliatory spirit”

(not harsh or attacking)

“Contentious” or “contented” in your spirit?

I entreat Euodia and I entreat Syntiche to agree in the Lord.

Phil. 4:2

Live in harmony in the Lord (NASB)

Eager to maintain the unity of the Spirit in the bond of peace

Eph. 4:3

... that you are standing firm in one spirit with one mind...  
Phil. 1:27b

“The great danger came not from the storm on the outside but the chaos on the inside.”

Striving side by side for the faith of the Gospel  
Phil 1:27b

United effort

Common goal – the kingdom and glory of Jesus

Athletic contest – working together as a team

“sun athleo” – team sport

Devil – “Diabolos” –

root - to divide or split

- He uses fear, anxiety to separate us from God and from others.

### **3. You can have the attitude of Jesus.**

Have this mind among yourselves, which is yours in Christ Jesus.

Phil. 2:5

“same attitude” – NLT, NIV, NASB

Whoever says he abides in Him ought to walk in the same way in which

He walked. 1 Jn. 2:6

Learn from Me, for I am gentle and lowly in heart..

Matt. 11:29

For I have given you an example that you also should do just as I have done to you.

Jn. 13:15

For they all seek their own interests, not those of Jesus Christ

Phil. 2:21.

(Lit) – “continually pursue”

What were the “interests” of Jesus?

- . Doing the Father’s will
- . Seeking and saving the lost
- . Loving sinners
- . Teaching the kingdom of God
- . Giving hope to the hopeless

I, Paul, myself entreat you by the meekness and gentleness of Christ...

2 Cor. 10:1

The wisdom from above is ... gentle.  
James 3:17

The fruit of the Spirit is ... gentleness.  
Gal. 5:23

Blesses are the meek for  
they shall inherit the earth.  
Matt. 5:5

“meekness” – the strength of your spirit to endure  
hardship

C – Celebrate His goodness  
A – Ask God for help  
L – Leave your concerns with God  
M – Meditate on good things