

### *Spiritual Stability – Part 3*

Philippians 4:6B-7

Series: Joy and Gratitude in Christ

#### 1. Introduction

- a. As we have studied the opening verses of Chapter 4 we have encountered a command to Spiritual stability.
    - i. We have seen that spiritual stability is better present when the brothers and sisters in the body of Christ are getting along and taking care not to cause divisions or factions.
    - ii. We have been commanded to rejoice
    - iii. We have been commanded to be content
    - iv. We have been informed that God is near us.
    - v. We have been warned against anxiousness
  - b. Today, by the grace of God, we are instructed further into spiritual stability by Paul the Apostle.
    - i. Paul, clearly and unabashedly, makes it clear that in order to be spiritually stable, a Christian must possess a spirit of prayer.
    - ii. We must conclude, then, that a Christian that does not pray is not stable and is easily moved by trials, temptations, and sin.
2. Verse 6 – The answer to anxiousness – do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.
- a. We are commanded here to be anxious over nothing. The expectation is that as a Christian we are to trust in God implicitly in every situation. This is possible because:
    - i. God’s promises in the Bible
    - ii. Our knowledge of God as sovereign
    - iii. Our past experiences in which God has always demonstrated tender love and care.
  - b. So what are we to do in cases of severe testing. We are to come to God in prayer.
    - i. Prayer is the cure to anxiousness. It aligns us before the throne of God and draws us back to Him and His purpose.
    - ii. Prayer is intrinsically spiritual and therefore, through prayer the Christian is able to hear from God and the Christian’s spirit is guided to the place of trust.
    - iii. When we pray we talk to God.

- iv. **Colossians 4:2** Continue steadfastly in prayer, being watchful in it with thanksgiving.
  - c. And supplication...let your request be made known to God – to make a plea, request, or petition – generally for the person who is praying
    - i. Ask. Plain and simple. Stop trying to fix it and ask God for help. He will direct you to doing what is right and how to proceed.
    - ii. Pray for yourself and your needs before God. Christ did:
      - 1. **Matthew 26:39** And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will."
  - d. Notice that prayer and supplication must be accompanied with thanksgiving
    - i. Even in our darkest most anxious times, a Christian should be known by his gratitude towards God.
    - ii. In the worst of situation, we are to remind ourselves about the goodness of God and his past most merciful care for us.
    - iii. We are to think about his future most exceedingly great promises.
    - iv. Gratitude will keep us from the sin of anxiousness and disbelief and will guard our hearts from distrust.
    - v. **1 Thessalonians 5:18** give thanks in all circumstances; for this is the will of God in Christ Jesus for you.
3. Verse 7 – Peace from Anxiety – And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
- a. Notice that the peace of God comes only after we have steady ourselves through prayer, supplication and thanksgiving.
  - b. This peace surpasses all the fleeting peace of this world.
    - i. It surpasses all understanding
    - ii. It is better than:
      - 1. Meds, vacations, counseling, and etc.
      - 2. **John 14:27** Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.
  - c. Notice that this peace is actually a weapon against any further anxiousness or despair.
    - i. It guards – it protects us.
    - ii. This guarding happens on two levels,

1. Mentally
  2. Emotionally
- d. In Christ Jesus – in abiding with Him.
- i. **John 15:4** Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me.
4. Benediction –
- a. **Galatians 5:22** But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness,