



Grace Life Church
of Dallas

The doctrines of grace, the life of the Spirit, to the glory of God

Philippians 4:1-7

Do not be anxious about anything

Part 2

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Philippians 4:1-5a

Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved. 2 I entreat Euodia and I entreat Syntyche to agree in the Lord. 3 Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life. 4 Rejoice in the Lord always; again I will say, rejoice. 5 Let your reasonableness be known to everyone.

Philippians 4:5b-7

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. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

Meditation-Verse Breakdown 5b-7

Main Command (Negative-What not to do): *Do not be anxious about anything*

Why (Reason): *The Lord is at hand*

Contrasting Command (Positive-What to do): *But in everything by prayer and supplication with thanksgiving let your requests be made known to God*

Result (Promise/Blessing): *And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus*

Understanding all this in the greater context of spiritual stability

Main Command-*Do not be anxious about anything*

Anxious-Troubled with cares (worry/anxiety)

- This is a command, so to disobey this command is a sin

Why is anxiety/worry so offensive to God?

- The root of anxiety is unbelief regarding God (A distrust in God)
 - Providence, promises, provision, power, protection, perseverance
- The issue, in the sin of anxiety/fear, is not seeing God rightly
 - The solution is seeing God rightly (through His Word/Renewing mind), & trusting Him (faith) → Spiritual Stability

A wrong view of God (who He is, character) is the source of most of our problems, & it is directly related to the temptation of “anxiety”

Our understanding and counsel must be Biblical & complete

V5b The Lord is at hand

- Paul wants us to have a right view of God before he commands us to not be anxious about anything
- *The Lord is at hand (near)*-Referring to closeness (not return)

Even though the circumstances may “feel/seem” like the Lord has forgotten you, know “*The Lord is near*”

- Implications of the Lord being “near”
- He hasn't left you, He is in control, He is listening, He cares

Knowing/Understanding this, what should our response be?

- Take thoughts captive (2 Cor 10 :5), trust the Lord and knowing He is near, call out to Him (prayer)

Positive Command

But in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Positive Command-*be made know* (Make known)

To who? *To God*

- We pray to the Father (Matt 6:9-13), Through the Son (John 16:23), Guided by the Holy Spirit (Rom 8:26-27)

What is to be made known? *Everything-But in everything*

- First the response in everything for the Christian must be to make it known to God
- **1 Thessalonians 5:17** “*pray without ceasing*”

Positive Command

Matthew 6:7-8 *And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask him.*

Why should we make known, what the Father already knows?

- God determines the end and the means
- We demonstrate faith and dependence in the Lord through prayer
- We demonstrate a lack of faith and dependence in the Lord by not praying

How are we to “make known” everything to God?

- *By prayer and supplication with thanksgiving let your requests be made known to God*
- In the context the words *prayer, supplication and request* are synonyms referring to specific petitions to God
- Through praying, specific requests make known everything to God

***By prayer and supplication with thanksgiving
let your requests be made known to God***

There are two keys (somewhat hidden) that really unlocked the truths in the text for me:

We are to “*not be anxious in anything*”, because we know “*the Lord is at hand*”, we are to “*make known to God everything by prayer, supplication and requests*”

We are to “*make known to God everything by prayer, supplication and requests*” ***with thanksgiving***

- When are we typically tempted to have worry/anxiety?
- When our situation or circumstance are troubled or we can't see how it is going to work out, or God appears distant and unloving.
- In order to make my requests be made known to God **with thanksgiving**, I must be believing Biblical truths about God, and not trusting circumstance.
 - If I am truly giving thanks (not lips service) in suffering, trials, tribulations, or persecution, then I am trusting God that He is in control, He loves me, He is working this together for my good and His glory and I can give true heartfelt thanks in faith (This shapes our prayers towards God's will)
 - And when we pray “believing in faith” we will receive (Mark 11:24, James 1:6-7, Matt 21:22)

The Promise

When we are obeying these commands, what does God promise us? (Key #2)

Promise: *And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.*

Everybody wants peace, the key here is understanding what kind of peace is offered. (**What kind of peace is offered?**)

- *The peace of God* (This is supernatural peace, not situational or circumstantial peace) (Gal 5:22)
- *Peace*: the tranquil state of a soul assured of its salvation through Christ, and so fearing **nothing** from God and **content** with its earthly lot, of whatsoever sort that is
- We can obey the commands up to this point, yet be looking for circumstantial peace, and thus be in a constant state of anxiety
 - It is not wrong to make your request known to God, but we must, in humility, **with thanksgiving**, joyfully submit to His goodness and sovereignty and seek the peace of God, not circumstance

The Peace of God

What is the peace of God?

The peace of God is when it is well with my soul no matter what, because I am right with God in Jesus Christ, and He is working all things together for good (my Christlikeness and His glory)

How does God do this?

His Spirit bearing witness to our spirit Biblical truths like, *“For this light momentary affliction is preparing for you an eternal weight of glory beyond all comparison, 18 as you look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.” (2 Cor 4:17-18)*

- Testifying to us again and again of our union with Christ
- **John 14:27** Jesus said, *“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.”*