



Desire Peace and Serenity?

Philippians 4:1-9

- 1) Believe the gospel, and stand firm in it; *obey it* (1)
- 2) Strive to mend broken & failing relationships (2-3)
- 3) Remember Christ's work on the cross, and rejoice! (4-5)
 - a) Anger & grumbling stresses us & others
 - b) When we rejoice, it's impossible to grumble
 - c) Both God and man positively notice the gentle spirit of rejoicing
 - i) Lighten up; laugh!
 - ii) Stop taking yourself so seriously, but take others seriously
- 4) Pray with thankfulness; flush out the anxieties of life (6-7)
 - a) God will flood us with His generous peace
 - b) Our hearts and minds become clear and protected
- 5) Dwell on beautiful things, practicing what Scripture teaches & models (9)
 - a) Read Scripture daily, praying through it
 - b) Discipline yourself to relax
 - c) Shun the ugliness of life