



# 'Back to Basics for Believers Series'

## Sermons in the Epistle to the Philippians

### Message 22 – 'Axing Anxiety' Philippians 4:6 - 7

In these verses Paul continues in his instruction to the Philippians pointing them towards the key steps to peace. As we can see in these verses, when by God's grace, we are saved, peace with God has been granted to us, and then the peace of God floods our very souls and lives. Paul speaks of a great privilege that is given to the believer when they come to the Lord, that being prayer. The kind of prayer that Paul spoke about was such that it would be an antidote to anxiety. As we can see:

#### **Peace Comes Through Prayer (v6-7)**

Paul is being realistic when he speaks to the Philippian believers in this letter. He is not speaking to them about something that they could not really know or experience. He charges them to be anxious about nothing. This would especially be the case for the Philippians who really had every reason to worry and be anxious.

**A Powerful Proclamation** - They were facing all manner of hardship, temptation, those things that cause real anxiety and worry. The only way we can face such circumstances kept from worrying is to face them with our God, dwelling in His arms, surrounded by His peace. The Scriptures says time and again that the Lord will provide all our need. When Paul tells the Philippians to not be anxious, he is not talking about superficial problems, he is talking about the real deep problems that cause anxiety. Paul is saying that in the midst of these, you can know peace!

**A Powerful Prayer Life** - So, what is the remedy to anxiety? The answer is prayer. We ought to pray in everything as we move through our daily lives. Pray in times that are specifically assigned for devotion and worship. We supplicate – wrestle in prayer – when we face times of deep need or distress. We offer thanksgiving all the day long as we face the moments of life. We offer our requests – specific requests – to God. We should not fear asking Him to do definite things as we walk through the day. We are to pray about everything, give it to the Lord, no matter how small or insignificant we may think it is. God is interested in the details of your life, in the most intimate details. He wants us to acknowledge Him in all our ways or steps because He wants to care for us every step of the way. Such an approach to life surely sees the peace of God dwell richly in us.

**A Powerful Promise** - Paul then makes a wonderful promise very clear, a promise for every believer in the Lord Jesus Christ, that they can know and experience peace in their situation no matter what they face. A person can experience the peace of God as commits in prayer all things to the Lord. God can deliver man through the most severe circumstances and tragedies of life; only God can infuse assurance and security within the human soul. The peace of God passes all understanding! It is beyond anything we can ask or think. It surpasses all our imaginations. The peace of God keeps our hearts and minds.



## Penzance Baptist Church

'Upholding the Ordinary Means of Grace'

Pastor Jonathan Stobbs