

THE FORMULA FOR PEACE **(Philippians 4:4-7)**

As we see daily the troubles and tragedies in the world we pray for the peace of the world. We listen daily to the arguments and fighting going on in the political scene and we pray for peace in our society. When we experience the squabbles and strains among relatives we pray for peace in our families. The same goes for fusses and feuds in our local fellowships as we pray for peace within our church.

Rejoice Always

Philippians 4:4 There is a big difference in worldly happiness and spiritual joy. Happiness is produced by good events and experiences often relating to money, moods, and materialism. Spiritual joy is the product of a right relationship and close fellowship with God.

John 16:24 The joy of the Lord comes in different ways. One way is to pray and receive an answer.

Acts 5:41 This spiritual joy doesn't mean you will never suffer heartache, sorrow, disappointment or persecution. It means these temporary emotions will not defeat or hinder us from serving the Lord.

Moderation

Philippians 4:5 The word moderation means *without excess*. Our testimony to all around is that we are gracious, patient, content, and disciplined in our spiritual life.

Philippians 4:11-12 Paul was the greatest biblical example of living in moderation and contentment.

Anxiety

Philippians 4:6 Be careful for nothing simply means “stop worrying about everything to the extent it becomes stressful.” The bible never says not to be concerned or do not care but when worry makes us paralyzed and distracted to the point of not trusting God we must stop and take inventory.

Matthew 6:25-34 Anxiety and stress comes from a lack of believing God and from a wrong focus on the things of the world instead of the things of God. Three things to help deal with stress: 1. Recognize our worry as excessive. 2. Get back to trusting God. 3. Remember that worry accomplishes nothing.

Prayer Humility Thankfulness

Philippians 4:6 Paul says that the antidote to worry is a good prayer life. The song writer puts it this way, “Oh, what peace we often forfeit, oh what needless pain we bear, all because we do not carry everything to God in prayer.” Paul adds that our prayers should be with *supplication* which means humbly and earnestly. The final point regarding prayer is that it must be with thanksgiving, (**Lk.17:17**)

Peace

Philippians 4:7; John 14:27 The peace of God is not so elusive if we follow God's correct formula.

Isaiah 26:3 The Old Testament Prophet tells us that peace comes with trust. He also adds to the formula. He says that peace also comes to those “whose mind is stayed on thee.”

What does it mean “whose mind is stayed on thee?” 1. **Colossians 3:2-4** It means to set our thoughts on God, heaven, and spiritual things. 2. **I Samuel 3:18; Romans 8:28** It means to accept whatever comes our way. 3. **Proverbs 3:5-6; Psalm 31:15** It means leave the future entirely in God's hands.