

GRACE BIBLE CHURCH LORTON

Replacing Anxiety with God's Peace & His Presence

Philippians 4:5b-9

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The promises of God's peace and His presence are experienced by those who turn away from anxiety and turn to God in prayer and think in Christ-exalting ways.

Dr. Paul prescribes for us two antidotes for anxiety: prayer and deep meditation on Christ-exalting things; and then he declares two promises of God for those who take the medicine: the experience of God's peace and the experience of God's presence.

ANTIDOTE #1: Prayer and Promise of God's Peace (4:5b-7)

Dr. Paul's counsel in these verses is: the promise of God's peace is experienced by those who turn away from anxiety and turn to God in prayer.

ANTIDOTE #2: Turn away from anxiety and think in Christ-exalting ways. (4:8-9)

Dr. Paul's counsel in these verses is: the promise of God's presence is experienced by those who turn away from anxiety and think in Christ-exalting ways.

6 virtues that describe what we should think about:

1) "Whatever is true"

2) "Whatever is honorable"

3) "Whatever is just"

4) "Whatever is pure"

5) "Whatever is lovely"

6) "Whatever is commendable"

2 Christ-exalting things that the six virtues describe and what should fill our minds: anything excellent and anything worthy of praise.

Questions to Consider

- 1.*** What does "The Lord is at hand" mean and why is it good news for anxious people?
- 2.*** Why pray when God already knows your concerns?
- 3.*** What are some recurring anxieties (or current) in your life? Where to you normally turn for relief? How is the counsel from this passage changing your approach?
- 4.*** Read 4:8 again. To what extent are you already thinking this way? Are there ways you are failing to think like this? What are you dwelling on instead? How can you pursue Christ-exalted thinking together, with your Home Group or a friend?
- 5.*** Do you have anyone you can emulate in thinking in Christ-exalting ways?
- 6.*** There are 2 sweet and precious promises in this passage, what are they? How should they motivate us to put off anxiety and put on prayer and thinking in Christ-exalting ways?