

Bible Study Lesson
“PEACE IN YOUR LIFE”
Philippians 4:6-8

Introduction: Peace of mind is something that we all want. We all want to be able to rest, to not have to worry, to feel free to enjoy life, family, friends, work, church, hobbies, entertainment, etc. We want to be able to enjoy ourselves and not be burdened down with worries that rob us of vigor, life, and purpose.

Sometimes when we can't find peace of mind, we get depressed. We often get angry and lash out at God or someone else near to you.

Question: What are the things that stress us the most?

1. Worry – To divide, tear apart
2. Hurry – Everybody is in a hurry
3. Crowds –
4. More Choices –
5. Loss of Privacy –
6. Different World Views – There is world view and Biblical world view
7. The Future

The Philippians had every reason to worry and be anxious. Let's look at some verses in each chapter.

- They were suffering severe persecution (**Philippians 1:18–19**).
- They were facing a disturbance in the church, some disunity and quarreling (**Philippians 1:27, 30**).
- They had some carnal members within their fellowship, some members who were prideful, super-spiritual, and self-centered (**Philippians 2:3–4; 3:12**).

- They were facing some false teachers who had joined their fellowship, and the teachers were fierce in attacking the cross of Christ (**Philippians 3:2–3, 18–19**).
- Some of the believers were having to struggle for the necessities of life: food, clothing, and shelter (**Philippians 4:19**).

Remember in this text we are answering a question, once we possess the peace of God, **how do we maintain the peace?**

Once we have made peace with God, then the peace of God floods our lives. How do we maintain that peace? How do we keep the peace of God ruling and reigning within our lives? How do we keep a consciousness of God’s very own presence within us? This passage discusses two of the most important steps to possessing peace. Above all other passages, it tells us how to have peace and how to maintain peace. If we will take these two steps, the peace of God will rule and reign in our hearts and lives. We will never lose our peace or be without peace.

How do we maintain Peace in our lives?

1. Refuse to Worry about Anything (V.6a KJV)

“**Be careful for nothing...**” – Anxious, Worry, Fret not. Notice the command “Worry not” Paul is not suggesting that we ignore life issues, he is saying because we have prayer we don’t have to worry about anything.

Matthew 6:25-34 (KJV)

2. Talk to God about Everything (V.6b KJV)

“**...but in every thing by prayer...**” Peace comes through prayer. Prayer is the secret power. This means that we are to talk to the Lord about everything in our lives. Nothing should be left out.

I Peter 5:7 (KJV) “**Casting all your care upon him; for he careth for you.**”

Luke 18:1(KJV) “And he spake a parable unto them to this end, that men ought always to pray, and not to faint.”

I Thessalonians 5:17 (KJV) “Pray without ceasing.”

James 5:16 “...The effectual fervent prayer of a righteous man availeth much.”

3. Thank God in All things (V.6c KJV)

“...with thanksgiving...”

The word thanksgiving here means that we thank and praise God for all that He is and for all that He has done for us.

I Thessalonians 5:18 (KJV) “In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”

Colossians 3:17 (KJV) “And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.”

4. Think about good things (V.8 KJV)

“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”

Peace comes through positive thinking. The word think means to consider, reflect, reason, and ponder. The idea is that of focusing our thoughts until they shape our behavior. The truth is:

- What we think is what we become.
- Where we have kept our minds is where we are.
- Our thoughts shape our behavior.
- What we do is what we think

You have a choice about what you think about.

Acts 26:2a (KJV) “*I think myself happy...*”

Proverbs 23:7 (KJV) “*For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.*”

Romans 12:2 (KJV) “*And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God*”

Once a person has been converted to Christ and becomes a new man, he is to focus his thoughts upon the good things of life and upon God.

5. Be Content with Anything (V.11KJV)

“*Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content.*”

The word content here means to be self-sufficient; to be completely detached from circumstances. The word “learned.” It was a learning experience. Paul had to learn to conquer circumstances and not to let circumstances worry him. Paul had learned contentment.

I Timothy 6:6-10 (KJV) “*But godliness with contentment is great gain. ⁷ For we brought nothing into this world, and it is certain we can carry nothing out. ⁸ And having food and raiment let us be therewith content. ⁹ But they that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition. ¹⁰ For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows.*”

Church family and Friends, Contentment is enjoying what I have right now and not waiting for something to happen to make me happy.

Paul has given us steps to maintaining Peace in our lives. You have to believe you can do it. Notice what V.13 (KJV) says “*I can do all things through Christ which strengtheneth me.*”

When you and I follow these steps, we can have peace in our lives. Notice that we entered this passage in anxiety, with worry, and we came out of the passage with peace. This peace “*shall keep your hearts and minds through Christ Jesus.*”