

REFLECTION

Lesson 14 Reflecting Peace

Philippians 4:4-7

HOW IN THE WORLD DO WE FIND PEACE IN THIS
TURBULENT WORLD?

A. Be full of joy.

"Rejoice means to feel joy or great delight."

Merriam - Webster Dictionary

B. Reviewing Paul's life as he writes these words

1. He himself is in a desperate situation.
2. He could be possibly facing execution.

"We must never forget that Paul delivered his defiant command to rejoice whatever the circumstance when it was unsure whether he would live or die and while he was confined to helplessly watching his competitors and enemies make advances among the churches of Rome and Philippi."

Kent Hughes

C. How is the impossible, possible?

1. Christian joy should not be dependent on circumstances.
2. There is a phrase after each "impossible" instruction - "IN THE LORD"
 - a. Stand firm - Philippians 4:1
 - b. To agree - Philippians 4:2
 - c. Rejoice - Philippians 4:4
3. The key is that the impossible IS possible through not our strength, but His.
 - a. It is NOT from trying hard.
 - b. It is NOT from working hard.
 - c. It IS from Him.

AS WE "REJOICE ALWAYS", WE BEGIN TO LEARN TO HAVE FREEDOM FROM ANXIETY.

"When we persistently rejoice, we become open to God and open to what He can do in our lives."

Lloyd J. Ogilvie

- A. When we rejoice - our worries **subside**.
- B. When we rejoice, it will affect our **attitudes** toward others.
 - 1. We will be **considerate**.
 - 2. We will **think** of others because love controls us.
 - 3. We have a great **Role Model**.
 - 4. We will be **considerate** to *everyone*.
- C. Why should we be **considerate** to others?

"Jesus Christ is closer than our breath, and He is returning soon! Think of that and rejoice! Think of that and be gentle!"

Kent Hughes

- 1. "The Lord is **near**."
- 2. If we live in **awareness**, it will affect our **character**.

STRESS FREE LIVING INVOLVES PRAYER.

- A. Don't worry about **ANYTHING**.
 - 1. Speaks of a **confidence** that God is in **control**
 - 2. Worry literally means **pulled** in opposite directions.
- B. Instead, pray about **everything**.
 - 1. Pray in **relationship**.
 - 2. Pray about all **things**.
 - 3. Pray in "**supplication**."
 - 4. Pray with **thanksgiving**.

GOD'S PEACE WILL THEN GUARD OUR HEARTS.

- A. We will be **guarded** by God.
- B. What is God's peace **like**?
 - 1. God is in **control**.
 - 2. It is beyond what we can **understand**.