



Title | Peace Out
Text | Philippians 4:4-9
By | Ricky Amano
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Sermon Notes

Philippians 4:4 Rejoice in the Lord always; again I will say, rejoice! ⁵Let your gentle spirit be known to all men. The Lord is near.

⁶Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. ⁸Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

⁹The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

NASB

Big Idea:

Philippians 4:4-7

⁴Rejoice in the Lord always; again I will say, rejoice! ⁵Let your gentle spirit be known to all men. The Lord is near.⁶Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. *NASB*

For Reflection & Application:

Monday:

Read Philippians 4:4. How can I rejoice in times of struggle? List some things that you can rejoice about no matter what your circumstances.

Tuesday:

Read Philippians 4:5. How can we have a gentle spirit in the midst of struggle or worry? Does our source of peace come from something that is affected by circumstances? Why is it important to give peace to others and not just to receive peace from God?

Wednesday:

Read Philippians 4:6-8. How is the peace of God different from any other kind of peace? How is that kind of peace helpful in our times of struggle? Take some time to think of things in your life that are described by verse 8.

Thursday:

Read Philippians 4:9. Paul tells the Philippian believers to follow the way that he handles tough times. Read Acts 16:11-40, which describes how Paul and Silas handled a very difficult time in Philippi. How did Paul and Silas bring peace into their situation, and how did they give peace to others?

Friday:

Read John 14:27. What were Jesus' words of peace to His disciples the night before He left them (He was crucified), despite the weight of His impending arrest and execution?

Read John 20:11-31. After Jesus was buried, the disciples were scared and hiding, likely full of anxiety and stress over the loss of their leader. How did Jesus bring peace to them in the midst of their struggle? Do you believe that Jesus can bring you peace in the midst of your times of struggle?

Daily Prayer:

Heavenly Father, please help me. I need the peace that comes from You, the peace that comes no matter what the circumstances are. Please calm my anxious thoughts with Your peaceful presence, with Your reassuring words, and Your love and grace for me. Keep me close to You and continually remind me of the truth, of the beautiful things that I have in You, the good things that nothing can change, and no one can take away. And help me to bring Your peace to others, so that they may experience Your heart for them too. Thank you for Your peace that surpasses all understanding, the peace that You bring in the midst of chaos and struggle.