

Peace Instead of Anxiety

Disclaimer: this is an automatically generated machine transcription - there may be small errors or mistranscriptions. Please refer to the original audio if you are in any doubt.

Date: 11 July 2021

Preacher: Jon Hueni

[0 : 00] Take your Bibles and turn to the book of Philippians. Pastor John has asked me to read just several verses here, beginning in Philippians chapter 4 and verse 4.

Rejoice in the Lord always. I will say it again, rejoice. Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition with thanksgiving, present your request to God.

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy, think about such things.

Whatever you've learned or received or heard from me or seen in me, put it into practice and the God of peace will be with you.

Let's hear God's word preached. Disturbers of the peace. Maybe you've just tucked in for the night and you're just about off to sleep.

[1 : 27] It's 11 o'clock and somebody in the neighborhood, some little guy, thinks it's time to set off his firecrackers, even though it's three weeks before July the 4th.

And your peace is disturbed immediately. Or maybe it's the scene that we're seeing more and more sadly in our country where you have a peaceful park, a quiet, tranquil neighborhood.

And suddenly it's overrun with a riotous, raucous crowd that's burning and pillaging and shouting. And the peace is disturbed.

The peace that we were having is suddenly gone. Now, that kind of thing not only happens in our neighborhoods, in our parks, it happens in our hearts and minds as well.

We're enjoying tranquility and calm in our hearts. And then a thought comes or an event happens or some news is brought to our attention and suddenly our peace is disturbed.

[2 : 34] Indeed, maybe lost and it's no small loss. That leaves us agitated, fearing and fretting. Well, the Lord knows this about us and he has words to speak to us concerning it.

Last week here in Philippians 4, 4, we saw just how important it is to the Lord for us to be rejoicing in him all the time. And yet our spiritual enemy knows that we do nothing as we ought without joy. So joy, your joy is his target. And Satan is out to steal your joy. He can't rob you of your salvation, but he'll do all he can to rob you of the joy of your salvation.

As we find David confessing in Psalm 51. And one of his joy thieves is anxiety. Worry.

It's hard to rejoice when you're worrying. Isn't it? Isn't it? In fact, I would argue it's nigh impossible. Think back to the last time you were lying awake in your bed worrying about something.

[3 : 49] Were you just having a jolly old joyful time there on your bed? Or was it a not in the stomach time? A sleep sapping, strength sapping, joy sapping time?

You simply can't have joy without peace. These two fruit of the spirit are conjoined twins. We find them side by side in that list in Galatians 5 verse 22.

The fruit of the spirit is love, joy, peace. And it's other places as well we find these two together. As goes your peace, so goes your joy.

Why? So stress and the anxiety that it produces are being identified more and more by our medical communities as contributing factors to all sorts of physical problems and diseases.

But they have an even more serious effect upon our spiritual health. Because when worry presses in and grabs you, peace and joy are chased out together.

[4 : 58] And that's no small loss to the Christian. For your spiritual health. For your walk with God. And for your chief end in life, which is to glorify and to enjoy Him.

So that's the bad news. Here's the good news. The Lord is on our side. Amen. Amen. And He doesn't want us to live with anxiety and fear and worry.

But wants us living with joy and peace. And so here in verses 6 and 7, He has given us these helpful instructions on how to replace anxiety with peace.

So what we have here is a command in verse 6 and a promise in verse 7. So the command first. And the command has both a negative part and a positive part. There's something not to do and something to do. The negative part. Do not be anxious about anything.

[5 : 57] Now this clearly forbids something. But exactly what is it? It doesn't mean that all concern and care is forbidden and sinful.

It is right and proper to care about our family. About our health. About our jobs. About our church. It's right and proper to be concerned about others. About our responsibilities. About our future.

About our country. In fact, to not be concerned about these things would be itself sinful.

Timothy was praised back in chapter 2 and verse 20 for having a genuine concern. That's the word here. A genuine concern for the welfare of the Philippian church.

So there is such a thing as a proper concern and care. But what is being forbidden here is excessive concern. Worrisome care.

[7 : 06] Fretting anxiety. The kind of concern that is inconsistent with trustful rest in the care of our heavenly father. It's the concern that disturbs our peace.

That harasses and distracts and stresses us out. And I think you know when you've crossed that line. Into the forbidden territory. Anxiety and worry are having their way with us.

Now notice how all inclusive the command is. We saw it with joy. Rejoice in the Lord. Always. We see it here. Do not be anxious about anything.

There are no exemptions or exceptions to that. Don't let anything get you worrying. So what kind of things get you worrying? When we look to the Bible we see.

It could be about what we eat or drink. Or what we'll wear. Or how we'll pay for those things. It could be our finances. Our health. Our life.

[8 : 12] Our death. It could be our future. Tomorrow. It could be a decision we're weighing. Our kids. Grandkids. Our aging parents.

Other people. Persecutors. Stormy weather. Deadlines. Expectations. Failure. Preaching a sermon on worry.

Yes. You can worry about preaching a sermon on worry. I'll guarantee you that. Martha. Martha. Martha. The Lord said. You're upset and worried about all kinds of things.

You see the truth is that anxiety can feed on almost anything. It's not a picky eater at all. Yet the command is to be anxious about nothing.

Let absolutely nothing disturb your peace and cause you this anxiety. This worry. Now it's a searching command. I find much to confess.

[9 : 14] As to my sin of worry. In these two verses. But it's a kind command. No more worrying about anything.

Who's to argue with that? Huh? Huh? All of God's commands are good. And therefore are good. And so it's a kind command to forbid us to be anxious.

And it's a hope giving command. Because if God commands it. Then he has grace to enable us to keep it. For it is God who is at work within you. Both giving you the will and the to do of his good pleasure.

So. A searching. Kind. Hope giving command. Now remember who's writing this. It's not some rich man living in a castle.

Somehow separated from the normal troubles of life. It's the apostle Paul. And he's in prison. And he's awaiting possible execution. His fellow Jews are out to spill his blood.

[10 : 16] Heretics are out to steal his converts. And on top of this there's the daily care of all the churches. That's enough to make a worry ward out of anyone. And yet he's the one telling us from prison.

Don't worry about anything. Now that man has something to teach me. In this area of worry. And remember who Paul is saying this to.

It's the Philippian church whom we found is in the midst of persecution himself. Just as Paul is. They're having their own internal problems in the church with unity.

There are teachers trying to draw them aside into false doctrine. And loose living. They have doubts about their future. And all the many concerns of life that you face as well.

And Paul knowing all of this. Yet says to them. Don't worry about anything. Now that tells me.

[11 : 20] You don't have to have a problem free life. In order to have a worry free life. Or none of us would be able to make any gains in this area. But this is for those who have all sorts of things in their lives.

Which if allowed to. You would set them to worrying. And totally destroy their peace. But these things cannot make me worry.

They may tempt me to worry. But they cannot make me worry. I'm not at their mercy. I don't have to let them walk off with my peace. Now it takes more than a command.

To get us to quit worrying about something. It's not enough just for somebody to say. Well just quit it. Quit it. Quit worrying.

Snap out of it. Just do it. Worries can get a grip on our minds. Like a pit bull gets a grip on our pant leg. It's hard to break free of worry.

[12 : 24] So there needs to be a powerful remedy for worry. If we're to live these worry free lives. And that's what comes next in the second part of the command. It's a positive part. We're given something positive to do.

The negative. Don't worry about anything. Now the positive. Verse 6 says. Do not be anxious about anything. But in everything. By prayer and petition.

With thanksgiving. Present your request to God. Pray about anything. So don't worry about anything. But pray about everything. The commanded remedy is as all inclusive as the prohibition of anxiety.

Pray about everything. And that includes especially the very things that are about to walk off and disrupt your peace. So believing prayer is God's antidote to anxiety.

Not that praying is all you do. But we're never to do less than pray. Praying about everything.

[13 : 31] Now the world has its own ways of dealing with worry. And I'm not going to waste your time setting before you what those are. You know them.

You've seen them. But they all omit the one thing needful. Believing prayer. Real communion. With the living God.

Now. Think with me this morning. Why is prayer so powerful in casting out anxiety? What is it about prayer? That is so powerful.

As to cast out anxiety. And replace it with peace. Well number one. Because prayer brings God into the picture. And nothing looks the same. With God in the picture.

Especially those things that are threatening us. With worry. Those things don't look the same. When we see God. For who he is. So prayer is a God word.

[14 : 32] Look. Isn't it? When we pray. We pray. We pray. We pray. To God. And that's a lifting of our eyes. Off of ourselves. Off of our circumstances.

Prayer focuses. On the Lord. Lord. So. In prayer. We look up to our father in heaven. And by faith. We see him seated upon a throne.

It's the throne. It's the throne that rules the whole universe. Indeed. The whole world. And everything in that world. And everything that concerns me. And that is my care.

And nothing exists apart from his will. And nothing will happen apart from his will. And no one will take a breath. No one will lift a finger. No one will say a word.

No one will make a decision. That he's not ordained. And promised to work together for my good. And it's this God I'm talking to. In prayer. Can you see how prayer.

[15 : 33] Is the antidote. To worry. When Billy Bray was. That Cornish miner. That was converted. When he was confronted in his life. With some. Some trouble.

That was harassing him. He would just say. Well. I must go. And talk with father. About this. Well that's it. So believing prayer. Brings almighty God.

Our loving father. Into our situation. Not that he was ever missing. Or absent from our situation. He's always there. But our anxiety. Is proof positive.

That we've forgotten him. For the moment. And in prayer. Our minds. Turn back to him. And see him as he is. And though our circumstances.

Do not change. We are changed. And before him. All those worries. Seem so small now. So. Prayer is effective.

[16:28] Because it brings God. Into the forefront. Why else is prayer. Such a remedy for anxiety. I've told you this before. But it bears repeating.

Let me give you the point first. In prayer. I cast all my burdens. On the Lord. That's why it's so effective. Now Jay Adams talks about. The world's worst worrier.

Fred. And his friend. Noticed a change in him. One day. And asked. What's happened to you Fred. You look as if you haven't got a care in the world. I don't.

Well that's great. How'd you get rid of all your worries? Well I hired a man to worry for me. You did what? I hired someone to do the worrying for me. Well that's different.

Say. What's he charge? \$500 a day. \$500 a day. Where are you going to get that kind of money? Well that's his worry. Not mine.

[17:30] Now that's a corny story. And you laugh. Even though I've told it 10 times. But. But brothers and sisters. The fact is. We do have someone.

To give our worries to. To cast our cares upon. Who really does care for us. And who can do far more than Fred's friend. Whoever it was he had hired.

We have the omnipotent king of the heavens and the earth. Who's sovereign over everything that concerns me. And he invites us. Yes.

He commands us. To in prayer bring him all this worriness. And he doesn't charge us a cent. He rejoices.

To have us come to him. David knew him. And he says in Psalm 55. 22. Cast your burdens on the Lord. And he will sustain you.

[18:27] Calvin says. Here's our comfort. To disburden. To disburden. To disburden. Into the bosom of God. All that harasses us.

To disburden. All the harassing cares. The carking concerns. So you have a burden bearer. Brothers and sisters.

Are you making use of your burden bearer? It's by believing prayer. That you bring your burdens to the Lord. And leave them there. Peter also urges us.

Cast all your anxiety upon him. Because he cares for you. How do you know he cares for you? Well there's many ways.

But the most ultimate way. Is that he died for you. That list is probably pretty small.

[19:25] Of people you die for. And I'll bet if there's anybody on the list. It's somebody you care dearly for. So cast your cares upon. The Lord.

For he cares for you. He died for you. He bore your biggest burden. Of sin and guilt. And suffered the punishment. In your place. Here's one who loves you.

And cares for you. As his own. So bring him all your anxieties. And cast it on him. In prayer. You remember when John the Baptist.

Was beheaded. And the news reached his disciples. They buried him. And then they went. And told Jesus. Where do you.

Where do you take a troubled heart? Where do you go? When there are questions about the future. Our leader. Is dead now.

[20:18] Well in prayer. I tell it to Jesus. I tell him what's bothering me. Tell it to Jesus. Tell it to Jesus. He is a friend. That's well known. You've no other. Such a friend or brother.

Tell it to Jesus. Alone. In prayer. I present. My request to God. That's the language that Paul uses. I present my request to God.

Well. I come with a sense of my need. And that need. Points me to. What is found in God. The fullness of grace. That I find in him. To meet my total inadequacy.

That's why I'm worried. I don't have what it takes. To do this. To bear that. And it's causing me worry. I don't have the strength. The patience. The wisdom. The love. The resources.

The time or skill. But he does. And so. In prayer. Then. I ask him. To help me. I tell him my need. I present my request.

[21:15] For specific things that I need. One day my wife was. Cleaning. One of the boys rooms. And it was before he was.

Even in junior high. He wasn't even a teenager yet. And what she found. Was a piece of paper. And at the top of the paper. Was things to worry about. And then was the list.

And there they were. All the things he was. Had to worry about. No. I suppose that was childish. And maybe in that way. He was more honest than we are.

But we have our lists. Don't we? Maybe we haven't. Taken the time to write them down. Maybe that would be a beneficial thing. For us to do. Things that I'm worried about.

And just to list them. And then to take that list. Before the Lord. Even as. Hezekiah. The king. Took the letter from. Sinatra. Before the Lord. Said Lord.

[22 : 12] Look what they're saying. About you. Take. Take your list. And give it to him. Give the whole list. Of all your worries. To him. Say Lord. You are the one. That's going to have to look.

After these things. I'm no longer going to carry. These burdens alone. You've promised. That if I came. And cast them upon you. You would sustain me. So you commit your way unto him.

You put it into his hands. In prayer. Here they are Lord. I'm going to trust you to worry about these burdens. Instead of me.

I'm going to trust you as my ever present help in trouble. So the believing. This believing prayer is the antidote. To anxiety. Because we cast our burdens on the Lord.

So if you not worry about anything. You must pray about everything. And especially those. Every things that are disturbing your peace. As I thought about.

[23 : 07] Praying about everything. I fear that. Too often. We just pray about the big things. And we don't sweat the little things.

We pray about the 50 pound burdens. They really drag us down. And so we go running to God with those. But we're content for some reason. To carry around all the little worries ourselves.

We get to thinking. How can I bother the Lord with this? It's silly. This piddly thing that has me upset. But do the math.

Ten little worries at five pounds each. Add up to 50 pounds of worry. Do you know that most of your life is made up. With little trials.

And little troubles. And little worries. And little anxieties. I suppose over 90% of our lives. Is made up of these little things. And if we fail to take these little worries to God in prayer.

[24 : 11] Think how much of our lives. Are being kept separate from God. Unconnected to him. Without reference to him. Without his help being begged and received from him.

As we walk under the burden of our little anxieties. That pile up. We bought the lie of the devil. Who tells us God is so great and grand.

That these things. These little worries of yours. Are no concern to him. Don't bother him. Who do you think you are. To bother the great God.

With your little concern. He doesn't care about such things. It's a lie. He does care. And he cares deeply. Back to 1 Peter 5.8.

Cast all your anxieties upon the Lord. Because he cares for you. About all your anxieties.

[25 : 13] He cares about them. In fact if that little piddly thing. Is an anxiety. And causing a bother to you. He cares about it.

It might not be very big. But if it's big enough to get you worrying. It's big enough for you to pray about. And it's big enough for God to care about. So cast all your anxieties upon the Lord.

In everything by prayer and petition. Make your request known. To God. To God. Now that's good news. There's some things that I would be embarrassed.

To tell you about. That I'm worried about. This is so small and insignificant. That it's troubling my peace.

But I can tell Jesus. And know that he understands. He was once here. He was tempted in every way. Just like I was. I am. And so.

[26 : 12] When he sees me tempted. And. Falling. And weak. He sympathizes with me. In my weakness.

In my worries. And so we go. And we tell Jesus. Here is one. To whom I can safely unburden my soul. And that's what the psalmist says. Trust in him at all times.

Oh people. Pour out your hearts. Before him. And so you take the whole picture of your heart. And you empty it. Of every drop of worry. And anxiety.

And you tell it to Jesus. For God is our refuge. He is there for us. For these very things. What little burdens. We allow to pile up.

And worry us. And when we fail to cast. All our worries upon him. We're left. By default. To bear them ourselves. Right? And so anxiety.

[27 : 07] Anxiety becomes its own punishment. That inward turmoil. That worry. That upset. We bear. For not trusting God's care. I think that's why what a friend we have in Jesus.

Is such a precious hymn to the church. Down through the ages. Oh what peace. We often forfeit. Oh what needless pain we bear. And all because we do not carry. Everything. To God in prayer. Needless pain we bear. You know there's enough needful pain. That we bear in life. Things that are needful for our instruction. As children of God. To develop. Perseverance. And faith in us. But are you going to be a glutton. For punishment. And bring upon yourself. Needless pain. No. Prayer is God's way. To restore peace. And the sooner we pray.

[28 : 03] The better. The more honor it gives. To our burden bear. And the more peace. It brings to us. So here's a way. To make your worries.

Serve your good. Here's a way. To beat the devil. At his own game. With his own weapon. And to actually make your worries. Work for you. Heed them. As calls to prayer. You know five times a day. There's that screeching sound. From the. The minaret. The minaret. Of the. The mosque. That calls the Muslim. To daily prayers. And they go. And they drone out. Their rote prayers. To Allah. Who can't hear them. The Christian. Has a far better system. Here are your calls. To prayer. Brother. And sister. The very first concern. You have. That's it. The call to prayer. The very first. Anxiety. You feel. The first tightening.

[28 : 57] Of the stomach. The first twinge. Of worry. The first troubling. Thought that. Interrupts your joy. And disturbs your peace. That's the call. It's time to pray.

It's time to pray. God is calling you. To himself. Talk to him. Right where you are. Driving down the road. Is that. Is that where you feel it? Right there. Right then. You can. You can talk to them. Right then. Jonah can pray. In the belly of the fish. We can pray. In a place like this. Wherever we're at. We can reach. Heaven. We can reach our God. From there. And so. At the kitchen sink. Watching the severe weather report. At work. Lying on your bed at night.

Don't let your hearts be troubled. Don't worry about anything. But pray about everything. That's the way we can make our worries. Serve our good. Let them bring us to God.

[29 : 53] In prayer. And if your worries. Will bring you to God. In prayer. Well they will serve. Your everlasting good. For they bring you to your burden bearer. Well that's the message.

In that little chorus. That some of us sang as children. Why worry. When you can pray. Trust Jesus. He'll be your stay. Don't be a doubting Thomas. Rest fully on his promise. Why worry. Worry. Worry. Worry. When you can pray. I've never been able to give a good answer to that.

Have you? That's what we're commanded to do. And that is. A most helpful. And needful. Counsel from our Lord.

The wonderful counselor. Well there's one more ingredient. In the recipe of this antidote for anxiety. Notice it in verse six. In everything by prayer and petition. With thanksgiving.

[30 : 51] Present your request to God. Be sure to add thanksgiving. To all your petitions. Not only is God deserving of your thanks.

But it's one of the active ingredients. That attacks and overcomes anxiety. It's so effective that one author. Calls it thank you therapy. To pray with thanksgiving.

Now here's why it works. Thanksgiving forces me to think upon. Worry killing realities. That are found in God. You say like what? Well thanksgiving makes me think about. What do I have to thank God for? Well what about all of his. Past and present. Blessings. In my life. It's in thanking God for past mercies.

That I see. Just how committed God is to me. Just how much he loves me. And how faithful he's been to me. And I soon find my faith is strengthened. And I'm enabled to trust him.

[31 : 51] With my present worries. Confidently. That he will provide. Since he never changes. What he has been to me in the past. He will be to me in the future. So you're under some financial strain. Well think back. In previous years. You ever been in a pinch financially. That God. Met your need. Well recall those times.

And thank him. For them. You ever been under time constraints. How am I going to get everything done? Has he ever helped you in the past. With approaching deadlines that worried you?

Well it's. It's think. And thank. You see you can't thank without thinking. So you've got to. You've got to call up. All these former mercies. And ways that God has met your needs.

And what are you doing? You're feeding your soul. On. And your faith. On. Truths about God. That. That attack.

[32 : 52] Anxiety. So we. We think. Not only of past. And present mercies. But. Also. Thanking God. For his promises. For the future. So much of our anxiety.

Is about the future. Isn't it? Well. We've got many great. And precious promises. Of God. With regard to our future. So be still.

My soul. Thy God. Will undertake. To guide the future. As he has the past. So that past.

It's. It's. It's. It's. It's helpful. It. It gives us faith. For the future. And. And the promises. As well. Give us. Great hope. For the future.

So thank you Lord. For your goodness. And mercy. That will surely. Follow me. All the days. Of my life. That will follow me. Today. And every tomorrow. Until I dwell.

[33 : 48] In your house. Forever. You know. Psalm 23. Is an old. Psalm. But it's a well-worn. Psalm. And many.

Dear sheep. Of the Lord. Have found it to be. Full. Of. Promises. That kill. Worry. The Lord. Is my shepherd. Well then.

I shall not be in need. So. Think. And thank. Thank you. That you'll never leave me. Nor forsake me. That you're always. An ever-present help. With me. Thank you for the promised wisdom. For all my confusing. And perplexing. Trials. And decisions.

To me. There are general promises. Thank you Lord. That. In all things. In my life. You will work them out. For my good.

[34 : 42] And. And then there are also. Promises. Specific. To my particular need. The point is. Open the medicine chest. Here it is. You got one in your lap. I trust.

Open the medicine chest. And take the medicine. Find a promise. And memorize it. And pray it. Back to God.

In thanksgiving. Thank you Lord. That you promise this. Now. Keep this promise. To me. Your servant. I'm in need of this. Right now.

Thanking God. For his promises. Thank him. For his attributes. They're all for us. As his children. Thank you.

That you're too wise. To ever be mistaken. Thank you. That you're too loving. To ever be unkind. To one of your children. Thank you. That you're too powerful. That any of your good purposes.

[35 : 35] For me. Would ever be thwarted. And thank you. That you're so faithful. That you will never go back. On one of your works. Words. You see. Thanksgiving.

Focuses my mind. On God. And he's the one. That's been absent. In my fears. And anxiety. And that's why. Prayer is so valuable. And prayer with thanksgiving. Is so valuable.

It opens. Our eyes. And reminds us. Of who he is. That is for us. So pray about everything. With thanksgiving. Feed your faith.

Starve your fears. Well we've seen the command. Don't worry about anything. But pray about everything. With thanksgiving. Now there's a promise. For all who do. Very briefly.

Verse 7. The promise is. As is this. And the peace of God. Which transcends. All understanding. Will guard your hearts. And your minds. In Christ Jesus. What's promised.

[36 : 31] What's promised is peace. Very clear. Isn't it? A restored. Peace of mind. That rest of the soul. That quiet inner calm. Of knowing all is well.

And it's not just any peace. That's promised to us. Notice it's the peace. Of God. The very peace. That God possesses. Is what's promised to us.

You do know. Don't you. That God is not worrying. In the heavens. He's not anxious. About what might happen. In the future. He's not biting his nails. And nervously pacing.

No. No. It's. He's in his. Heaven. And he has sovereign. Power over everything. There is this calmness. And peace.

Of God. And that's what he promises. To give you. His own peace. It was God the son.

[37 : 28] Who walked among us. And. As he went in and out. Among men. He was like a man. Walking in a hurricane. And there was all kinds of things. Swirling about Jesus.

But he had this inner. Calm and peace. Like the eye of the hurricane. And he says to his disciples. Even when his. Nation is. About to kill him.

And is hungering for his blood. The Lord Jesus. Says. Peace I leave with you. My disciples. My peace I give you.

I do not give you as the world gives. Do not let your hearts be troubled. Do not be afraid. You see the very peace he possesses. He gives. To his own.

The peace. Of God. Shall be yours. In other words. The source of this peace.

[38 : 25] Is not our circumstances. No. It's. It's the God of peace himself. It's. It's the fruit of his spirit. And so the reasons for peace. Just like the reasons for joy.

Are found in the Lord. Therefore peace can be enjoyed. Even in the midst of. The worst outward storms of life. An art contest was held.

To see who could paint the best picture of peace. And many sunsets. And tranquil. Scenes of nature. Were presented. But first place. Went to a painting full of stormy skies.

Just what Pastor Jason was explaining. Earlier in our worship. Billowing black clouds. Split with lightning bolts. And trees bending. Under the blast of driving rainstorm.

But then down in the corner of the painting. Tucked inside the cleft of a huge rock. Was a little bird sitting peacefully. In its strong refuge. God gives his peace.

[39 : 25] In the midst of life's storm. So when peace. Like a river. Is just gently flowing your way. Or when. Life is dealing with.

Dealing you sorrows. Like sea billows roll. Whatever my lot. That was taught me to say. It is well. It is well. With my soul.

Settled. Quiet in the soul. Leaning. Trusting. Resting. In the Lord. And we are told. This peace of God. That he gives. Transcends all understanding.

It is like God's love. It can't be measured. It can't be comprehended. And known. In its fullness. It surpasses knowing. And so is this peace.

It goes beyond. Our complete understanding. But it is not irrational. There are solid reasons for peace. But since they are found in God.

[40 : 21] The lost person. Sure can't understand. It. How can she have peace. With all this suffering. And turmoil. In her life. There is no explanation.

Outside of the God of peace. Giving his own peace. Through the word. And the spirit. And even believers. Cannot grasp. The ends of this peace. So wonderful.

So surpassing. All of our thoughts. And here is what God promises. God's peace. Will do for you. It will guard. Your hearts. And your minds.

In Christ Jesus. Now. Philistia. Was a garrison town. There. There was a Roman. Battalion of soldiers. Guarding it.

So it was a very familiar scene. To see a Roman sentry. Standing guard. God's peace. And that's the military term. That Paul uses here. About peace. God's peace.

[41 : 14] Will be like an armed guard. Armed to the teeth. At the entrance of your heart. And mind. And will chase away. All worrisome thoughts. And anxious cares.

Not letting anything enter. To disturb your peace. As long. As you are praying about everything. With thanksgiving. That's the promise.

There's a condition. And there's the promise. So. God not only gives peace. But he promises to maintain it. To guard it.

To keep it. As we pray. About everything with thanksgiving. You will keep. In perfect peace. Him whose mind is stayed upon you.

Because he trusts in you. So trust in the Lord. For he is a rock. The rock eternal. So let's run to him. Let's let the first.

[42 : 09] Tinge of worry. Make us come. And cast our anxieties upon him. That we might spend. The day. In his presence. Being filled with the joy.

And peace. That comes from trusting. In him. And notice the last three words. Of our text. This peace of God. Will guard your heart.

And your minds. In. Christ. Jesus. There is no peace. Outside of Jesus Christ. Do you know him. As your Lord and Savior.

Are you in Christ. Have you been. Put into Christ. By faith. That's. The only place. You're going to find this peace. Outside of.

Christ. You're still at war. With God. And God is at war. With you. He opposes. The proud. There's no peace. As my God. For the wicked. And there's nothing more wicked.

[43 : 03] Than rejecting his son. So. Are you in Christ. Are you outside of Christ. You say. How do I get in Christ. Therefore.

Since we have been. Justified by faith. We have peace. With God. You see. You can't have the peace. Of God. Until you. Have peace. With God. And the only way. To have peace. With God. Is to. To receive his. One and only. Mediator. Who comes to mediate. This peace. Between God. And man. That's Jesus Christ. And. You must put all. Your trust in him. You must surrender.

Everything to him. You must hold up. The white flag. And say. Unconditionally. Surrender. To this savior. Trusting him. Alone. To save me. To change me. To make me. What I need to be. What I can't be. Myself. You come. And trust in him. And you have peace. With God. And then. Peace with God. Will have the echo. In your heart.

[43 : 59] Of the peace of God. Then you will know. It is well. Between my soul. And my savior. Because. All my sin. Not in part. But the whole. Was nailed to his cross.

And I bear it no more. Praise the Lord. Praise the Lord. Oh my soul. It is well. With my soul. All my sins. Are forgiven. I am in Christ. And that's where.

God's peace. Will guard. Our hearts. And minds. I invite you. If you are still at war. With God. To come to this savior. Who delights. To make peace.

He is called. The prince of peace. And that's why he is come. Well. Let's take our hymnals. And sing of this. This wonderful peace. That we have. It's number 580.

580. 580. Let's stand. And sing of. The peace of God. And you know. The very promise. At the end of our text. Verse 9.

[44 : 53] Is that. As we are putting. These things into practice. The God of peace. Will be with you. So. The peace of God. Will guard your heart. But even better.

The God of peace. Will be with you. He gives us himself. As we heard. In the Sunday school. And so. We have. The God of peace. With us. The peace of God. Guarding us. 580.

God of peace. We worship you. To think that for all eternity. There was perfect peace. Among the Father, Son, and Holy Spirit.

And then you. Came into this world. You had created. And the rebels. That had rejected you. And you came offering peace. When we wanted nothing to do with it.

You sent your spirit. To our hearts. And made us to see that. That Christ meets all of our greatest needs. For forgiveness. Lord. That the things we sang about are true.

[45 : 53] That they're found in the Bible. Is a marvel to us. And that you would come as the God of peace. And send the. The prince of peace himself. To make peace with sinners.

We. We thank you. And. We want. To show the world. That we have. A God that is bigger. Than our worries. And the things that cause us anxiety.

Would you help us. Thank you that you. You remember that we're dust. And that you. Pity us in our weakness. But we lift up our. Our hearts to you this morning. And say.

Come and help us. We would find our joy in you. We would find our peace in you. Even. In your presence with us. Draw others who are outside. Of the peace of God.

And peace with God. Even today. We ask in Jesus name. And for his praise. Amen.