

# A conversation with scripture.



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 requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:4-8





## **Lots of questions ?**

Q. How can I always rejoice ?

Q. How can I show gentleness ?

Q. What does he mean by 'the Lord is near'?

Q. How can I stop being anxious ?

Q. Why should I pray ? What good will it do ?

Q. What is the difference between prayer and petition ?

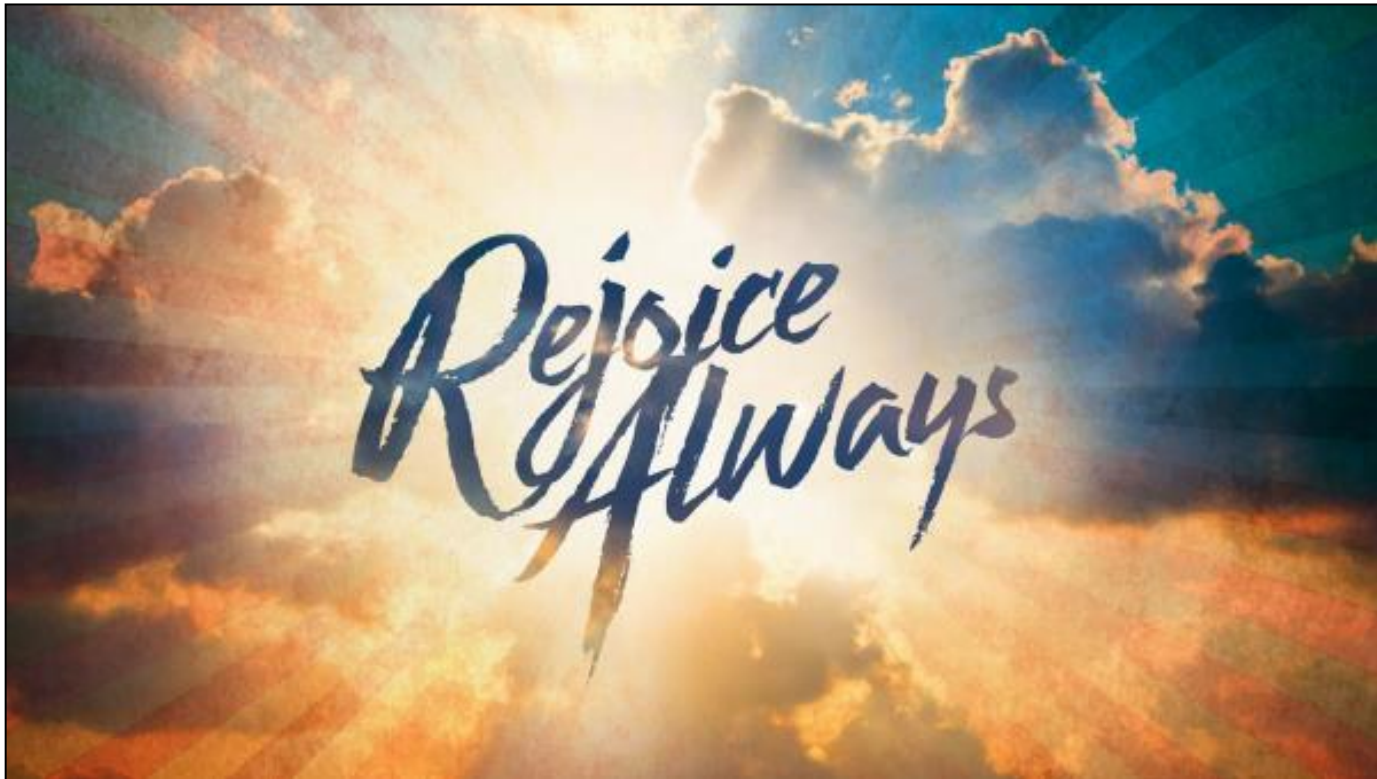
Q. How can I be thankful ?

Q. What is God's peace ?

Q. How does it protect me ?

Q. Does it work ?

# Rejoice ?



There's a clue in the phrase 'in the Lord'.  
Where did Paul write this letter ?

# Rejoice ?

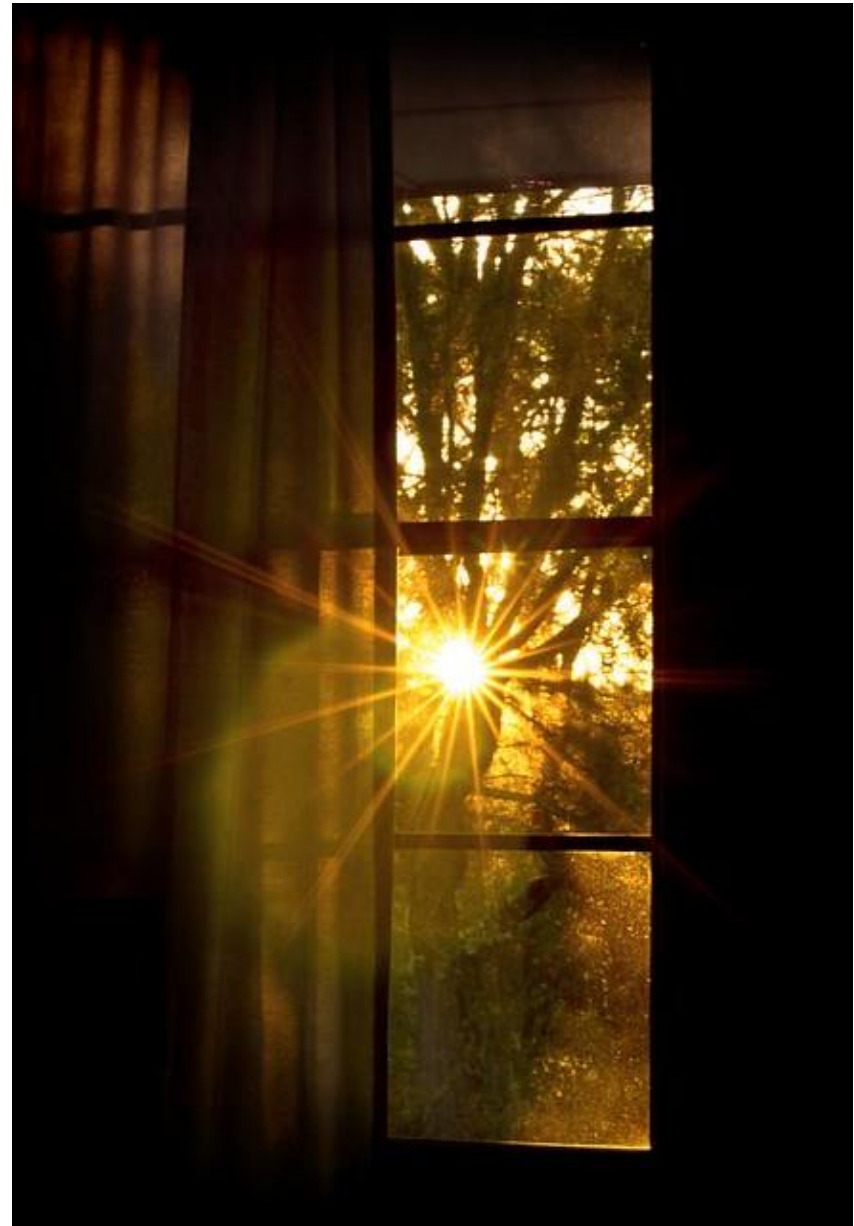
Paul's joy in the Lord.

Jesus' joy in Father's revelation

Luke 10:21 At that time Jesus, full of joy through the Holy Spirit, said, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what you were pleased to do.

Looking beyond the cross Hebrews 12:2 For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

The Cure for discord, an unsettled mind - a window to let light in

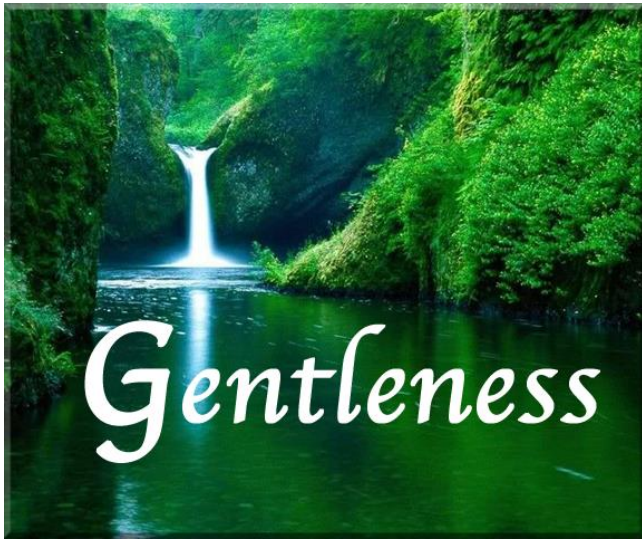


# Gentleness ?



calm, gentle, not stressed - Aware that the Lord is in charge

This affects my reactions to situations.



Let your gentleness be evident  
to all. The Lord is near.

Psalm 124:2  
if the LORD had not been  
on our side (for us) ....



At hand – near ? He is coming soon  
AND he is here now too  
(We can know his calming Presence)

# Pray ?

Do not be anxious about anything, pray about everything



**Why do think the Lord says to us  
not to be anxious all the time ?**



# Anxiety versus Care

Go to the ant, you sluggard; consider its ways and be wise!  
It has no commander, no overseer or ruler, yet it stores its  
provisions in summer and gathers its food at harvest.

Proverbs 6:6 - 8



# Pray !

Do not be anxious about anything, pray about everything

God knows already, BUT He has chosen to give us authority in His world so that He will act in response to my prayers.

*It's about real responsibility and relationship*

**MY PRAYERS MATTER !**

The Apostle Paul said,  
“Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel,”      Ephesians 6:19



# Pray !

Do not be anxious about anything, pray about everything

**About EVERYTHING ?** The small and the great things ?



Remember the story of the lady who asked about praying about the big things but what about the little things ?

# Pray !

but in everything, by prayer and petition,  
with thanksgiving, present your  
requests to God.

Prayer

General + worship/praise



Petition

Specifics - Tell him !



James 1:5 If any of you lacks wisdom, you should ask  
God, who gives generously to all without finding fault,  
and it will be given to you.

# Pray !

with thanksgiving



Say thank you for previous mercies – a promise of more  
My requests have been heard and will be answered

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Jesus said,  
“Peace I leave  
with you; my  
peace I give you.  
I do not give to  
you as the world  
gives. Do not let  
your hearts be  
troubled and do  
not be afraid.”

John 14:27



THE PEACE  
OF GOD

This is peace given to me from God  
AND is his kind of peace

And the peace of God, **which transcends all understanding,**  
will guard your hearts and your minds in Christ Jesus.



that is too big to understand  
and too real to doubt

And the peace of God, which transcends all understanding,  
**will guard** your hearts and your minds in Christ Jesus.

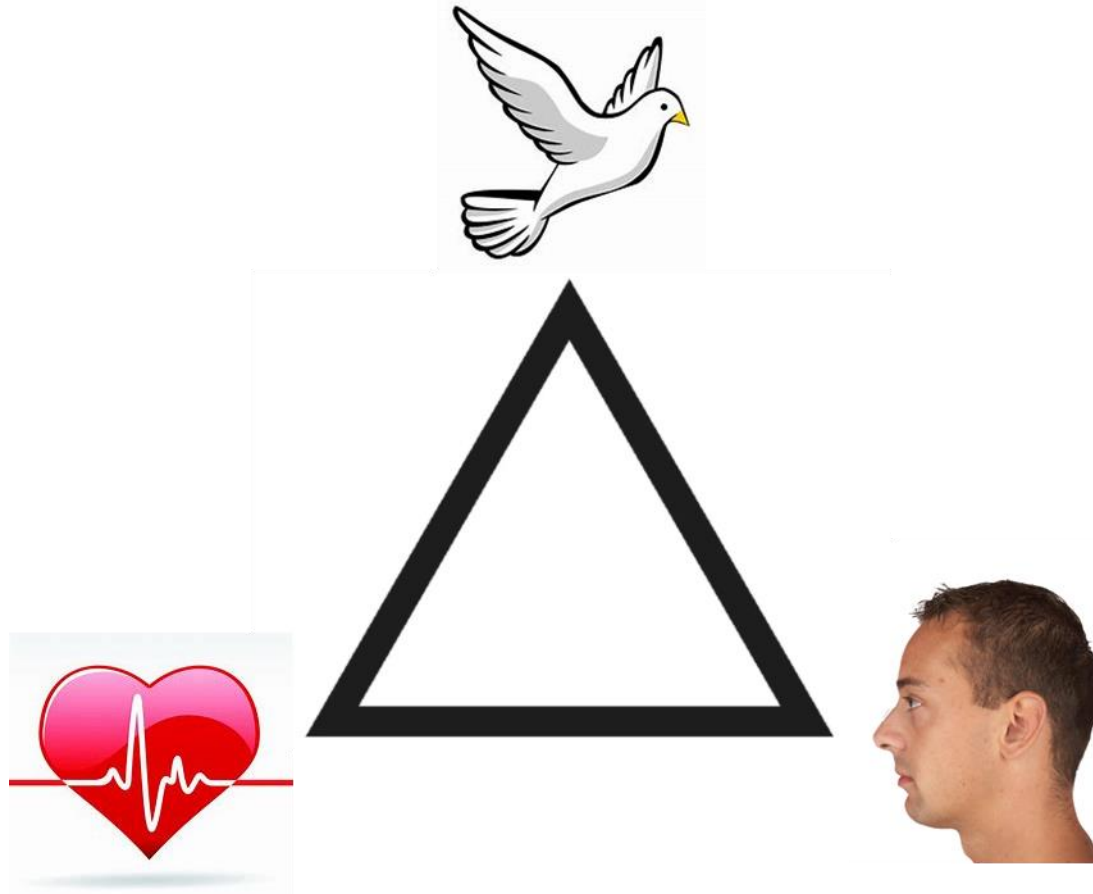


Guard – Remember Psalm 121 “keep, provide, protect”

**He will keep us from sinning or sinking**



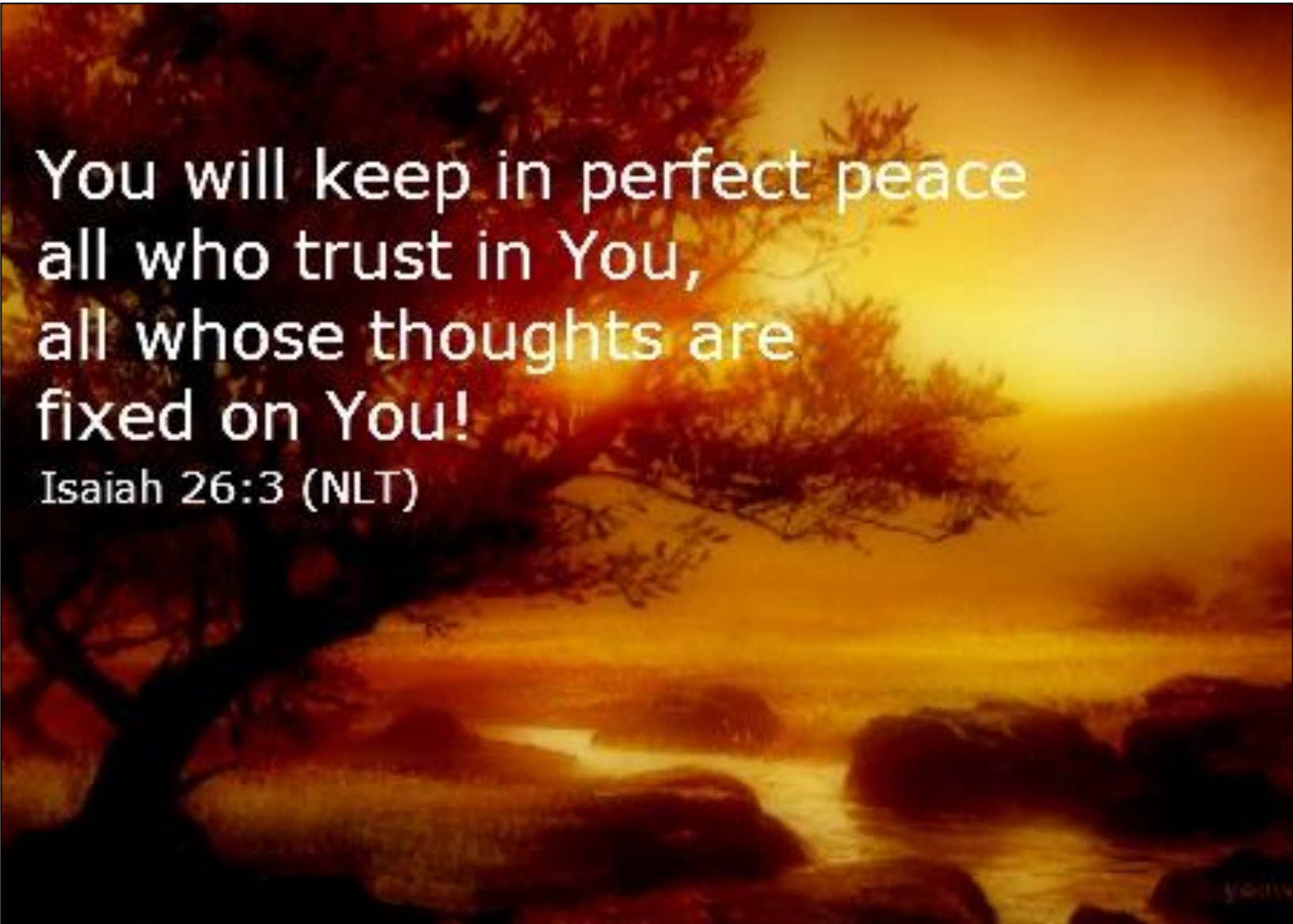
And the peace of God, which transcends all understanding,  
**will guard your hearts and your minds** in Christ Jesus.



The Spirit brings

control over the heart  
- emotions, feelings,

control over the mind  
- thoughts, confusion

A painting of a sunset over a rocky landscape. The sky is filled with warm, golden light, and the sun is low on the horizon, casting a glow over the scene. In the foreground, there are large, dark rocks and a large, leafy tree on the left side. The overall mood is peaceful and serene.

You will keep in perfect peace  
all who trust in You,  
all whose thoughts are  
fixed on You!

Isaiah 26:3 (NLT)

If good men do not have a continual feast,  
it is their own fault.

Matthew Henry

**Psalm 104.33-34**

**I will sing unto the Lord**

**As long as I live,**

**I will sing praise to my God**

**While I have my being.**

**My meditation of Him shall be sweet,**

**I will be glad, I will be glad in the Lord.**

**Bless thou the Lord, O my soul,**

**Praise ye the Lord.**

**Bless thou the Lord, O my soul,**

**Praise ye the Lord.**

**( x2)..**