

***How to Experience  
True Peace of Mind***

**Philippians 4:1-20**

**Series: *Choose Joy!***

**October 28, 2018**

**Emmanuel Baptist Church**

## **Philippians 4:1-7, 9 (CSB) -**

***So then, my dearly loved and longed for brothers and sisters, my joy and crown, in this manner stand firm in the Lord, dear friends.***

***<sup>2</sup>I urge Euodia and I urge Syntyche to agree in the***

***Lord. <sup>3</sup>Yes, I also ask you, true partner, to help these women who have contended for the gospel at my side, along with Clement and the rest of my coworkers whose names are in the book of life. <sup>4</sup>Rejoice in the Lord always. I***

*will say it again: Rejoice!*

*<sup>5</sup>Let your graciousness be known to everyone. The Lord is near.*

*<sup>6</sup>Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your*

*requests to God. <sup>7</sup>And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus. ...*

*<sup>9</sup>Do what you have learned and received and heard from*

*me, and seen in me, and the  
God of peace will be with  
you.*

# **SAY IT TOGETHER:**

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

***<sup>9</sup>Do what you have  
learned and received  
and heard from me,  
and seen in me, and  
the God of peace will  
be with you.***



**1. Resolve conflicts  
quickly and  
graciously.**

**Philippians 4:2-5 (CSV) – I urge Euodia and I urge Syntyche to agree in the Lord. <sup>3</sup>Yes, I also ask you, true partner, to help these women who have contended for the gospel at my side, along with Clement and the**

*rest of my coworkers whose names are in the book of life.*

*<sup>4</sup>Rejoice in the Lord always. I will say it again: Rejoice!*

*<sup>5</sup>Let your graciousness be known to everyone. The Lord is near.*



***“I can experience true  
peace of mind.”***

**2. Pray about the  
things that concern  
you.**

**Philippians 4:6 (CSV) – *Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God.***

***“I can have true  
peace of mind.”***



**3. Focus your mind  
on good, wholesome,  
healthy thoughts.**

## **Philippians 4:8 (CSV) –**

***Finally brothers and sisters,  
whatever is true, whatever is  
honorable, whatever is just,  
whatever is pure, whatever  
is lovely, whatever is  
commendable—if there is***

*any moral excellence and if  
there is anything  
praiseworthy—dwell on  
these things.*

***“I can have  
peace of mind.”***

**4. Learn to be content  
with much or with  
little.**

**Philippians 4:10-14 (CSV) – I rejoiced in the Lord greatly because once again you renewed your care for me. You were, in fact, concerned about me but lacked the opportunity to show it. <sup>11</sup>I don't say this out of need,**

*for I have learned to be content in whatever circumstances I find myself.*

*<sup>12</sup>I know both how to make do with little, and I know how to make do with a lot. In any and all circumstances I have learned the secret of being*

*content—whether well fed or hungry, whether in abundance or in need. <sup>13</sup>I am able to do all things through him who strengthens me. <sup>14</sup>Still, you did well by partnering with me in my hardship.*



***“I can experience  
peace of mind.”***

**5. When people let  
you down, remember  
two things.**

**Philippians 4:15-20 (CSV) –**  
*And you Philippians know that in the early days of the gospel, when I left Macedonia, no church shared with me in the matter of giving and receiving except you alone. <sup>16</sup>For even*

*in Thessalonica you sent gifts for my need several times. <sup>17</sup>Not that I seek the gift, but I seek the profit that is increasing to your account. <sup>18</sup>But I have received everything in full, and I have an abundance. I*

*am fully supplied, having received from Epaphroditus what you provided—a fragrant offering, an acceptable sacrifice, pleasing to God. <sup>19</sup>And my God will supply all your needs according to his*

*riches in glory in Christ  
Jesus. <sup>20</sup>Now to our God and  
Father be glory forever and  
ever. Amen.*

- **Remember that God is absolutely sovereign.**

- **Remember that God is your ultimate source for everything. Everything.**



***“I CAN experience  
true peace of mind.”***