



Paradox Sermon Series
Part #3 – Peaceful Anxiety
Philippians 4:2-7

Sermon Series Summary

As we read the Bible sometimes we come across confusing statements that seem to be more paradoxical than anything else. Our desire through the course of this series is to look primarily through the book of Philippians and lock in on a few of these paradoxical statements. We will answer some of the following questions:

- **Sermon #1** – Can you find joy in the midst of suffering?
- **Sermon #2** – Can I have everything, if I have nothing?
- **Sermon #3** – Can I find peace when I am anxious?
- **Sermon #4** – Can I be content in the midst of my need?

Come and join as we learn the truth about the paradoxes found in Scripture.

Sermon Summary

“...Do not be anxious about anything... (v. 6)”

Big Question – Can I find peace in the midst of my anxiety?

Can you find peace in the midst of your most trying times? Can you find peace in the midst of your anxiety? These two virtues seem to be polar opposites but God declares that peace can be found at all times, the real question then becomes where are you looking for peace? Join us and learn about finding peace in the midst of your anxiety.

Big Idea – God’s Promise = Peace can be Found!

God’s Ingredients for Peace

Ingredient #1 – Seeking Harmony in Conflict (v. 2-3)

- **Key Point** – The first ingredient of finding peace in the midst of your anxiety comes to us as we study verses 1-3. It is in this text that we see two women in great conflict which cause much anxiety among the members of the church. Paul is reminded of the words of Jesus when he gives guidance into this moment of conflict. Jesus declared several years before this that a kingdom divided cannot stand, this is also true for a church or more directly the body of Christ. Paul pleads with the church members to come alongside of these women and help them resolve the conflict by helping them understand that in every situation they have a choice to make. He urges them to make the choice of Seeking Harmony in the Midst of this Conflict.

Ingredient #2 – Fill your Heart with Joy and Grace (v. 4-5)

- **Key Point** – The second ingredient is found in verses 4-5. It is in the midst of this text that we find the key verse in all of Philippians. We have been called to “Rejoice in the Lord, always.” No matter what is going on in our lives at any given moment, we can find joy **“in the Lord always.”** Choose this day to fill your heart with the joy of the Lord and His Grace. You will not find peace until you learn that it can only be found in the Lord.

Ingredient #3 – Maintain a confident Faith (v. 5-6)

- **Key Point** – The third ingredient is found in verses 5-6. It is in the midst of this text that we learn the secret to finding and maintaining peace in life. You will always have peace when you have a confident faith in the Lord because you will not only know but also believe that the Lord will provide for you in your time of need.

Ingredient #4 – Completely Surrender to God (v. 6-7)

- **Key Point** – The final ingredient is found in verses 6-7. It is in this text that peace will only be found the moment we turn our trials and our lives over to the Lord and completely surrender them to the Living Savior.

Memory Verse:

Philippians 4:4 – Rejoice in the Lord always. I will say it again: Rejoice!

