

Philippians 4:6-7

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

—Philippians 4:6-7 (ESV)

“Do not be anxious about anything...”

Anxious – *merimnaó*—pulled in opposite directions. Worried.

“Do not be worried about anything.”

Matthew 6:25-34 (NASB) — ²⁵“For this reason I say to you, do not be worried about your life, *as to* what you will eat or what you will drink; nor for your body, *as to* what you will put on. Is life not more than food, and the body more than clothing? ²⁶ Look at the birds of the sky, that they do not sow, nor reap, nor gather *crops* into barns, and *yet* your heavenly Father feeds them. Are you not much more important than they? ²⁷ And which of you by worrying can add a single day to his life’s span? ²⁸ And why are you worried about clothing? Notice how the lilies of the field grow; they do not labor nor do they spin *thread for cloth*, ²⁹ yet I say to you that not even Solomon in all his glory clothed himself like one of these. ³⁰ But if God so clothes the grass of the field, which is *alive* today and tomorrow is thrown into the furnace, *will He* not much more *clothe* you? You of little faith! ³¹ Do not worry then, saying, ‘What are we to eat?’ or ‘What are we to drink?’ or ‘What are we to wear for clothing?’ ³² For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. ³³ But seek first His kingdom and His righteousness, and all these things will be provided to you. ³⁴ “So do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.

This is the teaching of Scripture: do not be worried about anything.

This does not mean that we are not supposed to *care*!—especially about others who may be suffering, in distress, in need. These are expressions of love.

But we are not to be “pulled apart” over our own lives, stressed over what is going to happen to us. And this applies to *everything*—all circumstances.

How do we “block” worry?

We don’t.

We conquer worry with

Trust—trust in God’s goodness, in His ability, and in His commitment to us.

Seeking first God’s kingdom—we continue our commitment to kingdom living, seeking God’s glory, and we trust God to be God.

Prayer...

“but in everything by prayer and supplication with thanksgiving let your requests be made known to God...”

Again—in *everything*

by prayer and supplication

Prayer – referencing the worship that is due God in all circumstances

Supplication – referencing the heartfelt needs we bring before God—on behalf of others and ourselves – that is more based on immediate circumstances

With thanksgiving

We must be more than “in agreement” with thanksgiving, we are to be truly thankful

Thanksgiving means giving thanks (!) – not just thinking about things or having a certain attitude.

God does not “need” the recognition of what He has done and is doing; we need it!

How much of our prayers consists of giving thanks?

“let your requests be made known to God...”

We are invited and instructed to pray in this way—to make requests

Although God knows everything, and “your Father knows what you need before you ask him” (Matt. 6:8), we are nevertheless to pray for our needs and on behalf of others; we are to ask God for his help and trust him for his answers.

“And the peace of God, which surpasses all understanding...”

One of God’s greatest gifts to us is His peace

John 14:27 – Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

All people need this peace—peace with God and the peace of God

surpassing [pp] all understanding

far excelling, far surpassing

It is active and ongoing, alive within us

It is not based on our “understanding” everything! It is from God himself, an assurance that we are in His plan and care—never out of His sight.

“will guard your hearts and your minds in Christ Jesus.”

Not the other way around!

Peace is not the *result* of our hearts and minds being guarded (kept) in Christ – but because we have *the peace of God*, our hearts and minds are protected in Him!