

## **Peace in the Midst of Trouble**

### **Philippians 4:4-9**

#### I. The Importance of Right Reactions (v.4)

- A. Anxiety has a negative effect on every area of our lives.
- B. The solution to anxiety is to rejoice in the Lord (Philippians 3:1).

#### II. The Proper Way of Reacting to Hostile People (v.5)

- A. Christians are called to respond to opposition with gentleness (2 Corinthians 10:1; 1 Peter 2:19-23).
- B. Believers are motivated to gentleness by remembering God's sovereignty (Philippians 3:21; James 5:8; Matthew 10:19-20).

#### III. The Proper Way of Reacting to Daily Pressures (vv.6-9)

- A. Prayer realigns us and restores our peace (vv.6-7; John 14:27).
- B. Wholesome conduct should follow wholesome thinking (vv.8-9; Proverbs 23:7).

#### IV. Conclusion

When we come to Christ in the midst of troubling relationships and dilemmas, we find both the "peace of God" (v.7) as well as "the God of peace" (v.9).