



## THE PEACE PROMISE

### #5: PEACE IN EVERY SITUATION

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Pastor Randy Remington

#### BIBLICAL TEXT(S)

*"Do not be anxious about anything, but in every situation, 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 4:6-7)*

#### MESSAGE SUMMARY

Studies of brain function show there is a physiological shift that happens when we pray. We enter into a state of rest and ease, with an accompanying increase in dopamine. Perhaps more importantly, prayer shifts our focus to Jesus.

When we present our requests to God, we're not just shifting focus, but relocating our burdens (1 Peter 5:7). The reality is, the root of anxiety is an issue of control. When there is something outside of our control and it is causing anxiety, we can choose to trust God with that. If everything in our lives made sense to us, then we wouldn't need God. The things that cause anxiety are those that we cannot control. They include relational conflict. The context for part of the anxiety in Philippi was relational strife within the church. Much of what Paul writes is a primer about coping with relational strife (and the anxiety it brings) His letter offers good counsel to Euodia and Syntyche who are named in it.

*"God has profound things to say, but He is also a profoundly good listener. He wants to hear your heart when you're anxious."*

–Pastor  
Randy Remington

Any time anxiety comes, pray—and petition with thanksgiving—presenting your requests to God. Some translations say, make known your requests to God. That means we need to understand, or at least to seek to understand what we are petitioning for. Ask yourself "why am I petitioning God for this?" God knows what we're going to pray, but part of prayer is our grasping the real motivation and meaning of our own prayers as we commune with God. When we come before the Lord, He's interested in what we're feeling, not just what we want, or need. Why do we ask for what we're requesting? Are we afraid? Insecure? Worried? What if what we worried about became our prayer list?

Whatever we're devoted to, we worry about. As the Scriptures say, where our treasure is, that's where our hearts are also. Our devotion will always give rise to emotion, and often it's worry. It's easy to be devoted to things that are transient. As they change, our emotions follow, but what if the unchanging, trustworthy God became the object of our devotion? Then, as we're praying, we're also thanking Him that He never ceases to love and care for us. That gives rise to thanksgiving. Anxiety can bind us to circumstances. We feel anxious if our circumstances are uncomfortable—happy and relaxed if they're more like God's welcome blessings. But, thanksgiving reminds us of the God who blesses, not just the benefits of His love. It's good that Paul reminds us of that and that we encourage one another with his words.

When counseling people through anxiety and even an inability to heed Paul's words, the goal is not to say something profound, but to listen profoundly. We need to learn to listen. The point of praying is that we have a God who has profound things to say, but is also a profound listener. Sometimes we need to process and lament and vent to God. That's okay.

## DISCUSSION QUESTIONS

*These questions are designed to help you lead your group through a progression of engagement with the Bible passage and the speaker's message, helping them understand and apply the teaching.*

## LEAN IN

*These are icebreaker/warm up questions, mostly just to get the group talking and start the flow of conversation. Choose one question and talk it over for 5-10 minutes.*

1. Describe a time in which you were very afraid (i.e. a scary movie, a steep hike, a roller coaster, etc.).
2. What was it about the experience that caused you to be afraid?

## LOOK DOWN

*These are questions on the passage and observations about what's been read. Spend about 15-20 minutes on three questions max*

1. What is the strategy for combating anxiety according to Philippians 4:6?  
*Answer: "Every situation, by prayer and petition, with thanksgiving, present your requests to God."*
2. How does Philippians 4:7 describe the peace of God?  
*Answers: 1. "Transcends understanding" 2. "Guards our hearts and our minds in Christ Jesus."*

## LOOK OUT

*These questions help connect the world of the Bible to today.*

*Spend about 15-20 minutes on three questions max*

1. What are the main things in our world that cause anxiety?
2. Who are the people in your life who are going through hard times and are dealing with anxiety due to those hard time? What could you do to partner with God in bringing peace to them?

## LOOK IN

*These are questions that help you consider personal application.*

*Spend about 15-20 minutes on three questions max*

1. What in your life is a cause of worry? In knowing that our emotion is connected to our devotion, what are you highly devoted to?
2. If the root of anxiety is lack of control, what are you trying to control that you cannot?
3. What can you choose to be grateful for in this season?

## LIVE IT OUT

*These action steps help apply this week's message to day to day life.*

*Choose one question and talk it over for 5-10 minutes.*

1. God not only has profound things to teach us, but He is also the God who listens.  
What could it look like for you to process, lament, and vent to God?
2. What can you do to make it a habit to, in every situation, present your requests to God?