

## Talk It Over

### SMALL TALK

1. What are some situations that rob you of experiencing God's peace?

### VIEWPOINT

2. **Read Philippians 4:4-9.** Talk about the "equation" that we find in this passage for experiencing God's peace. What is this peace like?
3. **Read 1 Peter 5:6-11.** Talk about the connection between humility and giving God our anxieties. (the ESV version helps make this more clear). What does casting our anxieties on God look like?
4. **Read Romans 12:1-2.** How might we renew our minds? What happens to us as we become transformed by the renewing of our minds? (see verse 2).

### GETTING PERSONAL

5. What is a situation you are going through now that is causing anxiety that we can be praying with you for? Be sure to check in with each other during the week on this too!

### MAKING PROGRESS (THIS WEEK)

6. Spend time together as a Group and on your own applying the "equation" of Philippians 4:6-7 with your anxieties (Prayer+Supplication+Thanksgiving+Presenting Requests=Peace).

June 22, 2023

## 5-Overflow...Embrace God's Peace

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INTRO

Kids welcome

Pray

**How do I navigate the roller coasters of life?**

**On the roller coasters of life how do I embrace god's peace?**

**What are you anxious about? What keeps you up at night?**

**To be anxious is to be pulled in different directions.** It's to be divided or distracted. To be double minded. Your body responds-maybe your palms sweat, you get sick to your stomach. *And kids, it's like having butterflies in your stomach.* Like when you're new at a school or having to make new friends.

I love this quote about anxiety from Jodi Picoult

Anxiety is like a rocking chair. It gives you something to do, but it doesn't get you very far.  
-Jodi Picoult

So in this series through Philippians, we've been talking about The Overflowing Life. And we definite the Overflowing Life this way:

The Overflowing Life

As you receive God's blessing, you are being a blessing to others

So, as we continue our time through Philippians asking ourselves how we do this, Our main point today is this:

## Embrace God's Peace

So how do we Embrace God's Peace?

How do we go from being double minded to being single minded?

Why this matters: God has wired us for peace-and when we do that it affects the ppl around us. You have a whole lot going on! How do we approach this in a way that glorifies God, helps other, and makes life better

How do we embrace God's peace?

To answer this, turn with me in your Bibles to Philippians 4. Seat in front of you page (804) take that Bible. We'll also have the verses on the screen for you. However you want to do it, lets engage with God's Word together.

Philippians 4 starting at verse 4.

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### Quick Background

- So quick background here as you're getting that pulled up, Paul is writing this incredible book under house arrest to the church of Philippi. It's chalk full of language that underscores his friendship with them. The main themes are joy, unity, and being a servant like Jesus.
- We've seen some incredible passages!
  - Ch. 1 The work He began in you He will finish to completion
  - Ch. 2 Look to other's interests, looking to Christ the ultimate servant
  - Ch. 3 Forget what lies behind and strain towards what lies ahead

- We're talking today about living the overflowing life by embracing God's peace. We live the overflowing life by embracing God's peace. And so, together we're going to ask the question, "How Do I Embrace God's Peace?" And as we embrace God's peace, we become a channel of peace to those around us.

(5 mins)

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How do I embrace God's peace in my life?

### 1. **Be Joyful & Gentle (Phil. 4:4-5)**

- Let the reality of Jesus impact your heart in such a way that what flows out is joy and gentleness

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

- Rejoicing is deep joy, gladness, delight. *When I think of joy, right now, I think about my six month old baby boy eating apple sauce who giggles and squeals and has this incredible laugh. Like us with the Gospel!*
- Now in the original language, in Koine Greek, there weren't exclamation points. So Paul repeats himself for emphasis. He's already told us to rejoice multiple times before this. It's extremely important to Paul that the church of Philippi knows to rejoice!
- Notice the rejoicing is in the Lord. It's through Him that we have joy.
- *What might rejoicing in the Lord look like for you?* In Acts 16, Paul and Silas are in prison in Philippi and it's midnight and they are worshiping God. And the people around them heard them. That's rejoicing. No matter what your temporary situation may be, the eternal reality impacts you in such a way that you can't help but sing out to him and those around you hear you and it points to God! They say, I want what they have. Notice, Paul says *always*.

This is a constant and consistent thing. Whether life is going great or you're in the prison cell. And remember where Paul is-he's under house arrest! This is no picnic!

- *How might you rejoice this week in the midst of your own trials and struggles? Because you're going through hard times! The point is not to diminish it was hard times, but to see them in the light of the ultimate reality!*
- Rejoice always

### *5 Let your gentleness be evident to all. The Lord is near.*

- Who here has gone horseback riding?
- I had a pastor use this illustration. Imagine a majestic stallion that's wild and powerful. When guided by a skilled rider, it's steered and moved in the right direction. It's power under control.



- This is gentleness: it's kindness, compassion, reasonableness. It's not weakness, but it's power under control

- In the midst of an increasingly polarizing world that we find ourselves in, of fighting, talking at each other, gentleness stands out!
- People will say there's something different about them! They don't gossip, they don't react-they respond. What's different about them?
- What we find is as we allow God to fill us, we can't help but overflow with joy and gentleness-and it becomes known to those around us.
- And Paul reminds us that the Lord is near. Christ is coming back! And that fuels our joy and gentleness. It fills up the battery of joy and gentleness . The trials and struggles are temporary
- How else do we accept God's peace?

(5 mins)

## 2. Talk with God (Phil. 4:6-7)

- Engage in conversation with the King of Kings and Lord of Lords  
*6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*
- This is a command. Do not be anxious! But if we just focus on that first part, don't be anxious!, that's not enough. It's like saying, "don't think about pink elephants!" What are you thinking about right now? Pink elephants!





- So, we have to replace one thing, anxiety, with another. God's so great like that-it's not just about what we take out, but it's about what we put in its place.
- Paul gives us the roadmap where we don't have to be stuck in anxiety. We have a way out.
- Max Lucado puts it this way

The presence of anxiety is unavoidable. But the prison of anxiety is optional-Max Lucado

- The temptation to be anxious, it's very presence is unavoidable. But it's up to us if we want to sit in that prison. And God has given us the keys to get out of it!
  - And this all comes with a promise..the peace of God!
  - This is a great math equation.
  - Kids and adults, who here likes math?
  - Ok, kids we need your help with these equations

2+2=?

$$2+2=4$$

$$10+10+10=?$$

$$10+10+10=30$$

$$2+4+6+3=?$$

$$2+4+6+3=15$$

$$\sqrt{1,467,826}=?$$

$$\sqrt{1,467,826}=1211.53869109$$

Prayer+Petition+Thanksgiving+Presenting Requests=Peace

Talking with God=Peace

- He says in every situation. This is an all the time thing
  - Pray-talking with God
  - Supplication-focuses on the request being made
  - Thanksgiving-acknowledgement, appreciation of God's provision
  - Present your requests to God
- It's all modifying *presenting your requests*. Do it with an open hand and not a closed fist!



- Paul says that this peace is beyond all understanding. It transcends all logic and reason. It's so beautiful and wonderful and grand that you can't even begin to wrap your mind around it.
- Can I be honest with you? All too often, I try to use logic and reason to get out of anxiety. And it does not work! Anyone else experience that?
- Kids, if you have a chinese finger trap go ahead and hold those out



- Giving into anxiety without God is like getting your fingers stuck in this finger trap.
- The harder you try to get out, the more you get stuck.
- But when you bring those requests to God, He gives you that peace to get out of it
- And that peace guards our hearts and our minds.
- Imagine a fortress with guards stationed all around it. We have the guard of peace protecting us.
- And Paul says this peace is in Christ Jesus. This is so key! This peace doesn't come from you. This isn't self help! This comes from Jesus!

How do You embrace God's Peace?

You're Joyful and Gentle. You Talk with God.  
How else do you and I embrace God's Peace?

(10 mins)

### 3. Choose Your Thoughts & Your Actions (Phil. 4:8-9)

- Pick the good stuff

*8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

- I went to Golden Dragon Buffet recently (again-I've been there a few times now) and I absolutely loved it.
- There's so many incredible things to choose from there.
  - The fried rice, the sweet and sour chicken, the french fries, the crab ragoons, egg rolls, chow mein, so many good things!



- Here in Philippians 4:8, it's like a buffet of options you have. it's good stuff!
- Paul uses the word, "whatever" six times here-he's stressing that this isn't limiting, it's actually freeing!
- You have freedom in your thought life!
- Why would we limit our thoughts to anxiety? It's like digging through the dumpster behind the buffet instead of enjoying the buffet itself!
- Look at what Romans 12:1-2 says:

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.  
-Romans 12:2

- So go ahead, choose to think on the good stuff. The stuff that reflects God and His goodness! Enjoy the buffet of thoughts available to you.

*9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.*

- Paul goes on to say that whatever you've experienced from me-you do that too.
- It's like God is knocking on the door, saying I want to be with you. And as you live out these things, these good things of the Gospel, we're opening the door for Him to be with us.
- It's that whole "Followers Say Follow Me" value that we have.
- This really is mentorship. Do life together, and what you see in me, do that too. As you spend time around others, you start becoming like them.
- And there's a promise here. The God of peace *will* be with you.
- It all goes from our head to our heart to our feet
- How do we embrace God's peace? We choose our thoughts and actions.

(5 mins)

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## CONCLUSION

- I want to close with this. A couple weeks ago, I got woken up pretty early in the morning by my six month old son, Micah. And after taking care of him and getting him back down to bed, I went to bed.
- And anxiety hit me like a ton of bricks. And I found myself playing these thoughts over in my head again and again like a broken record.
- And I wish I could say I nipped them in the bud right away, but I didn't. I picked through that dumpster so to speak. And it was hard.
- And my wife really ministered to me and pointed me to Jesus. And I was able to give those anxieties to God. To come to him in prayer and supplication with thanksgiving and present those requests to him. And I started to experience His peace. But can I be honest? It was hard.. and I didn't do it right away!
- So maybe you're going through some really heavy things. And feeling weighed down by anxiety. I want you to know-you are not alone.
- And whatever you are facing, you do not have to face it alone.
- Share with someone
  - In your Group-and if you're not in one, join one! They're meeting this summer too. Go to [vvcc.online/groups](http://vvcc.online/groups) or go to the information center.
  - Come up and pray with our prayer team
  - Another option we have for you this week is you can text the word "prayer" to (928) 634-8166 and someone from our prayer team will reach out this week to pray with you.

**Text prayer to (928) 634-8166**

- Next, I want to give you an opportunity to pray right now to God. To put this into action. If you got a handout as you walked in, at the bottom, there's a spot that says, "God, I give to you" with a few bullet points.

- I want to invite you right now to write down those things that are causing you anxiety. And in a moment, we're going to take 30 seconds for you to just pray over it and give it to God. To not be anxious about it, but in all of it, by prayer and supplication with thanksgiving, to present those requests to God.
- 1 Peter 5 tells us to cast our anxieties on Him because He cares for us
- If you don't have a handout, no problem. Write it on something, put it in your phone or just think about it. And in a moment, we're going to give you time to pray over it.
- What are those things going on in your life?  
Work...family...past..present..future
- [30 seconds for prayer]

## God, I give to you:

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- Would you pray with me?

(5 mins)