

The Book of Philippians
Stress Free Living
PHILIPPIANS 4:4-9

Paul gives 5 key phrases to help us experience the peace of God in our lives:

1. Rejoice Continually

Philippians 4:4 (NIV) Rejoice in the Lord always. I will say it again. Rejoice!

Romans 8:35 (NIV) Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or sword? ...no, in all these things we are more than conquerors through him who loved us.

2. Trust Completely

Philippians 4:6 (NIV) Do not be anxious about anything...

Matthew 18:4 (NIV) Whoever humbles himself, like a little child will be the greatest in the kingdom.

Matthew 6:34 (MSG) Don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.

3. Pray Ceaselessly

Philippians 4:6 (NIV) ...In everything, by prayer and petition... present your requests to God.

1 Thessalonians 5:17 (NIV) ...pray continually

4. Give Thanks Constantly

Philippians 4:6 (NIV) ...In everything... With thanksgiving, present your requests to God.

1 Thessalonians 5:18 (NIV)...give thanks in all circumstances for this is God's will for you in Christ Jesus.

5. Think Correctly

Philippians 4:8-9 (NIV) Finally, brothers, 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. 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.

John 16:33 (NIV) I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

Romans 12:2 (NLT) Don't copy the behavior and customs of this world, but let God transform you into a

new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Philippians 4:9 (NIV) And the God of peace will be with you.