

## Anxiety-Free Living: The Path to God's Peace

Dr. John Carmichael

**[Phi 4:6-9 NASB95] 6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. 8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. 9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.**

- In these verses, God touches on a timeless truth: while the world is marked by anxiety, worry, and unrest, as believers in Jesus, we have access to a supernatural peace that transforms our lives.

**What does Philippians 4:6-9 teach us about receiving the peace of God?**

**Here are four timeless truths about receiving the peace of God from Philippians 4:6-9.**

### **I. A lack of peace is unacceptable.**

- a. V. 6 - Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.
- b. A lack of peace cannot be tolerated. Not some things, not big things—nothing.
- c. The antidote to anxiety isn't just positive thinking or distraction. It's a spiritual act—prayer.
- d. God calls us to self-awareness and self-care.
- e. Important.
  - i. Relationships affected.
  - ii. Body affected.
  - iii. Decisions affected.

### **II. Give it to God for peace.**

- a. V. 6-7 - Be anxious for nothing, 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 comprehension, will guard your hearts and your minds in Christ Jesus.
- b. Pray until peace comes.
- c. Paul also encourages us to bring our supplications with thanksgiving. Why thanksgiving? Because when we thank God in advance, we are demonstrating faith that He is already working on our behalf. Thanksgiving anchors us in God's faithfulness.
- d. In the original Greek, the word for "guard" is a military term, describing a garrison or a sentinel. This peace stands like a soldier at the gates of our hearts and minds, defending us against the attacks of fear, doubt, and despair. When we trust in God's sovereignty, our hearts become a fortress, protected from the chaos outside.

### **III. Keep your mind for peace.**

- a. V. 8 - Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.
- b. You have a responsibility to keep your mind. When we fill our minds with these things, we crowd out the lies of the enemy and create space for the peace of God to reign.
- c. [Isa 26:3 NASB95] 3 "The steadfast of mind You will keep in perfect peace, Because he trusts in You.
- d. [Col 3:2 NASB95] 2 Set your mind on the things above, not on the things that are on earth.

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**IV. The God of Peace will be with you.**

- a. V. 9 - The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.
  - b. The God of Peace, Not Just the Peace of God:
  - c. There is a subtle but powerful shift in verse 9. Earlier, Paul promised the peace of God, but here he promises the God of peace Himself. This is more than just a feeling of peace; this is the presence of the One who brings peace. When we walk in obedience and faith, we don't just receive His peace—we receive Him.
- **God intends for us to walk in peace therefore He give us practical steps to walk in peace and enjoy His presence.**