

TIP TOEING THROUGH THE TOUGH STUFF

Lesson Six: Phil 4:7 Exchanging Problems for Peace

I. Consider the world's offer of peace

- A. An abundance of resources. It results in a facade of peace (see Eze. 13:10).
- B. Fulfilling relationships. It results in situational peace (see Amos 6:1).
- C. A cessation of work and life's routines. It results in temporary peace.
- D. Drugs and alcohol. It results in shallow, passing peace (see Jer. 6:14, Heb. 11:25).
- E. Suicide. It results in a short sighted peace.

II. The passage: Phil 4:7

- A. "And so": The blessed result of praying with thanksgiving
- B. "Peace"

1. Peace with God: a judicial matter

Rom.5:8 "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

Col. 1:20 "and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross."

2. Peace of God: it is bestowed/created by God

John 14:27 "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

- 3. The source of the peace: God Himself (Phil. 4:9)
- 4. It is part of the fruit of the spirit (Gal 5:22)
- 5. By definition: It is an attitude of my heart that provides freedom from the impact of strife or hostilities. (Ps. 73)

C. “Which transcends all understanding”

This does not mean that it is a mystery that we are incapable of understanding. Rather, it is so precious that we can’t obtain it by ourselves. God gives it! (Eph. 3:20)

D. “Will guard”

This is a military term that means to have armed escort, a garrison that protects, or to have two strong men perpetually standing guard over something of great value. Same word is used in 2 Cor. 11:32.

E. “Your hearts and minds”

This is referring to the whole person. It includes their thinking and their feelings.

F. “In Christ Jesus”

This is the key to all of Paul’s theology (and ours!). It is the concept found in the phrase “abide” or “remain” in me (John 15:1-11). All benefits or blessing to us flow directly from the life, teachings, death and resurrection of Christ.

Isa. 53:5 “But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.”

III. A great biblical example of someone enjoying the peace of God

Paul – (see Phil. 4:11-13) – he discovered the secret of being content

IV. The “secret” of being content:

A. Our lives must be focused on Christ

Job 22:21 ““Submit to God and be at peace with him; in this way prosperity will come to you.”

Isa. 26:3 “You will keep in perfect peace those whose minds are steadfast, because they trust in you.”

B. Our minds must be centered on the Word of God

Ps. 119:165 “Great peace have those who love your law, and nothing can make them stumble.”

C. We must be disciplined in our behavior: “depart from evil”

Ps. 34:14 “Turn from evil and do good; seek peace and pursue it.”

1 Pet. 3:11 “They must turn from evil and do good; they must seek peace and pursue it.”

D. We must be thankful people

Col. 3:15 “Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.”

V. The great exchange: problems for peace

John 16:33 “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.”

Discussion Questions:

1. Have you settled for any of the world’s cheap imitation for peace? Was it satisfying?
2. What’s the difference between having peace **with** God and enjoying the peace **of** God? How do those two realms apply to your life?
3. Talk about the mental picture of two burly guards protection your heart and mind...how does that make you feel?
4. What changes do you need to make in your life in order to fully enjoy God’s peace this week?