

October 12, 2025
Philippians 4:2-7
“A Garrison Around My Heart And Mind”

Principles And Practical Application

Paul was counting on people to be **peacemakers**. Lord, help me to be a Peacemaker.

Life can be tough. Paul did not instruct them to always be happy. What he does do is instruct the church to **rejoice** in the Lord at all times under all circumstances.

Let your **graciousness** be known to all, be kind. The Lord is near likely refers to the Rapture. Let's be His hands and feet while it is still called today. **Hebrews 3:13**.

Worry about **NO THING**. Not a call to carefree living; to care and be genuinely concerned is one thing but to worry is quite another. Worry eliminates trust in God, Jesus spoke on this, see **Matthew 6:25-33**. This is sometimes hard to do but not impossible because this is how God has instructed us to deal with worry.

Pray about **EVERYTHING**. Pray with **thanksgiving**. This type of prayer is **trust** in God.

Thanksgiving is an attitude. Pray in this way, manner, and attitude and the **PEACE OF GOD** will flood your troubled soul. If you have troubles, unload them!

This **peace**, **v 7**, is focused on the heart and mind, these are battlegrounds the devil likes to attack. This involves emotions & thoughts. Practice being prayerful & thankful instead.

The cure for anxiety is prayer. Please do not turn to manmade cures, trust the Lord. In a mindful attitude of worship “petition” the Lord. Pray for needs, pray with an attitude of thanksgiving. Pray trusting and acknowledge that whatever He sends is for the good of the prayer. Pray this way and a guarantee is given; you will receive the peace of God.

Application:

The antithesis of worry is the peace of God. This is divine peace. This is a characteristic of God and it is available to the believer, it transcends all understanding. Peace excels Knowledge. Knowledge is insufficient at times-it just cannot explain what is going on in a way that can meet the needs of the heart. God's peace can and will. Prayerful people are peaceful people. Anxiousness is a violation of Scripture and totally unnecessary. Take steps to bring about spiritual stability in your life. The recipe is written above.