

Series: "Guest Speaker"
"Don't Worry About Anything"
Philippians 4:1-9
Assistant Pastor Mario Cañedo

The theme in this book is; "Joy in the Christian Life."

The Joyful Christian Mind

Chapter 1 The Simple Mind (Joy in spite of circumstances).

Chapter 2 The Submissive Mind (Joy in spite of people).

Chapter 3 The Spiritual Mind (Joy in spite of things).

Chapter 4 The Secure Mind (Joy that overcomes worry).

Romans 12:2 But be transformed by the renewing of your mind

~ what we find here is a process, not a single event.

*** There is joy to be found in the renewing of your mind.

v. 4 Rejoice in the Lord always; again I will say, rejoice!

v. 6 Be anxious for nothing, ~ "Don't worry about anything."

Anxious ~ "Being pulled in opposite directions" and what is in opposition are our hopes and our fears. They pull us in different directions.

Worry ~ means "to strangle."

Spiritually speaking, worry is simply thinking incorrectly (the mind) and feeling incorrectly (the heart) about people, circumstances, and things.

Paul gives us the solution for overcoming the greatest thief of joy. The solution is a "Secure Mind." God desires for us to have peace in our lives.

v. 7 And the peace of God, which surpasses all comprehension, will guard your hearts (when you feel wrongly, that is misguided feelings) and your minds (when you think wrongly, that is misguided thoughts) **in Christ Jesus.**

1. Specific recommendations to the church. vv. 1-5

2. Pray, in the correct manner vv. 6-7
3. Think, right thoughts v. 8
4. Do this, live in a correct manner v. 9

1. Specific recommendations to the church. vv. 1-5

v. 1

my beloved brethren whom I long to see, ~

Paul expresses his love and desire to see them.

*** We are a spiritual family in Christ Jesus and should express love for one another.

my joy and crown, ~

this is a reference of his reward. Talking about the Crown of Joy.

1 Thessalonians 2:19

in this way stand firm in the Lord, my beloved. ~

Do not stop trusting in the Lord! Stand firm, keep going, keep standing firm in the Lord.

*** It is only in the Lord that we can stand firm and remain steadfast.

v. 2 Euodia ~ "Prosperous Journey; Syntyche ~ "Fortunate"

Philippians 1:27, Philippians 2:2, Philippians 3:16

Peace is what there was not here between them. And there was no peace in the church. Division not unity going on here.

v. 3 Indeed, true companion, ~ We do not know what true companion Paul is referring to here.

This is the calling of every Christian to intervene on behalf of a brother or sister who has fallen into sin. **I ask you also to help these women who have shared my struggle in *the cause of* the gospel,**

Galatians 6:1-2

together with Clement also and the rest of my fellow workers, ~ Paul recognizes and acknowledges that there were more fellow workers “co-laborers” that make up the church – those who evangelize and proclaim the Gospel.

Clement ~ “Benevolent”

whose names are in the book of life. ~ If you are not born again – if your name is not written there;

Revelation 20:15 And if anyone’s name was not found written in the book of life, he was thrown into the lake of fire.

v. 4 Rejoice; this is not like the joy of the world, which is based on things and activities.

*** Christians can be commanded to rejoice because the foundation of their joy is not found in circumstances, but in the Lord.

The “Secure Mind” can find joy and rejoice. We need not worry.

v. 5 Let your gentle spirit be known to all men. The Lord is near.

Gentle spirit, considerate, friendliness, gentleness, amiability, graciousness, niceness, sympathy, amicability, decency, amenity, bonhomie.

Bonhomie is a noun that means a cheerful, friendly, and good-natured manner. It describes an easy and relaxed feeling of warmth and good humor among people.

Let your gentle *spirit* be known to all men. ~

The very thought that the Lord is near should motivate us to serve Him and to live a life dedicated to Him.

The Lord is near. ~ It is the idea of saying the expression “Our Lord Come!” “The Lord is coming.” From Aramaic expression Maranatha.

1 Corinthians 16:22

2. Pray, in the correct manner vv. 6-7

v. 6 Be anxious for nothing, but in everything by prayer ~

Don't worry, start praying!

Matthew 6:27, Matthew 6:34

**but in everything by prayer and supplication with thanksgiving
let your requests be made known to God.**

What we see here is a model, an outline of prayer:
Right prayer comes only from a right mind.

Prayer ~ this is the general term we use for making requests of our Lord. Yet, it carries the idea of worshipping Him, of devotion and praise.

Supplication ~ is prayer that is humble, earnest and specific petition or cry for help.

Now what supplication is not, it is not repetition, such as vain repetitions, which is what we should not do. **Matthew 6:7-8**

Supplication is not an effort of the flesh—carnal energy. It is spiritual intensity, fervor for you. "Others."

Colossians 4:12 ...always laboring earnestly for you in his prayers...

*** We see that a pattern of prayer has been formed, it begins with Adoration, follows with supplication, and ends with gratitude.

Thanksgiving ~ gratitude, giving thanks before receiving the answer to prayer.

Ephesians 5:20

v. 7 And the peace of God, ~ Is what we receive when we are justified by faith; we have peace with God in Christ Jesus.

The peace Paul mentions here is a peace for everyday living – peace amidst life's storms, difficulties and trials; peace in every circumstance of life.

Colossians 3:15, John 14:27

Prayer + Supplication + Thanksgiving = Peace of God
(Adoration) + (Supplication) + (Gratitude) = Perfect Peace

which surpasses all comprehension, ~ This peace of God surpasses all understanding, for the unbeliever cannot know such peace.

How is it that we can have peace during life's most difficult moments? I cannot fully put it into words, but I do know that we can experience it.

And the peace of God, which surpasses all comprehension, will guard your hearts (when you feel wrongly, that is misguided feelings) **and your minds** (when you think wrongly, that is misguided thoughts) **in Christ Jesus.**

- It is when we think correctly that we will live correctly.
- Incorrect thoughts produce incorrect feelings.

3. Think, right thoughts v. 8

v. 8 Finally, brethren, ~ Paul arrives at the conclusion here. In conclusion brethren, the application is.

whatever is true, ~ It is the Holy Spirit who renews our minds through the truth (The Word of God). This highlights the importance of possessing and receiving the truth to be led into right thinking as well as right living.

John 17:17

dwell on these things. ~ Now in order to have one's own personal thoughts in the right place one has to meditate on the Word of God, on the truth every day and you will have peace.

Joshua 1:8, Psalms 119:165

4. Do this, live in a correct manner v. 9

v. 9 The things you have learned and received and heard and seen in me, practice these things, ~ Do this; practice it; put it into action. It is a call to act, to follow through.

*** Paul here is speaking of more than just learning these truths; he is talking about accepting them, receiving them, and believing them deep within—in the inner self—so that a true change takes place.

1 Thessalonians 2:13, James 1:22

practice these things, and the God of peace will be with you. ~ Put these things into practice and not only will you have the peace of God but the God of peace will be with you.

Application:

1. Praying correctly, thinking correctly, and living correctly produce "The Secure Mind."
2. The Secure Mind produces the right joy that overcomes worry.
3. Worry is a sin. There is no need to worry when God gives us His peace, for the God of peace is with us.