

READ

Philippians 4:4-7

CONSIDER

Christmas can be one of the busiest seasons where we attend several parties, run around buying gifts and eat too many cookies. It turns out that advent, which is about preparing and waiting for the birth of our Savior, can be a season full of dread and anxiety.

As we wrap up our Advent series through Isaiah 9:6, we explore how Jesus is our Prince of Peace. In a world that strives after peace, Philippians 4:6-7 shows us how God gives us peace when we take our anxieties to the cross. My hope is that we will see how rejoicing and thanksgiving are the first steps in experience true peace in the midst of chaos and crisis.

See you Sunday.

Pastor Tim Sreedharan

PRAY

A prayer from Philippians 4:6-9

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers and sisters, 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.

In Jesus' name we pray, Amen.

DIVING DEEPER

What are healthy and unhealthy ways you deal with your anxiety?

Read v6. When all of us experience anxiety, what does “do not be anxious” mean?

Look at the process outlined in v6. We are called to go to God:

- through prayer
- in every situation
- with thanksgiving

How often would you say that you are doing this?

Read v7. Peace is the fruit of a process of going to God. When have you experienced his peace?

Where do you desire to experience his peace? Spend time sharing with one another and praying together that His peace will be upon you.

Read v4. Rejoicing and joy are central themes in this book. How does your life reflect a thankfulness that helps you see how God has already been working in your life?