**one thing – wk6 – One Peace**

**Prerecorded thoughts of what goes thru your head before you preach. What would it be like if other people could hear your thoughts…**

**We all have our thought life and our real life. The worry or anxiety that no one sees. That often press down – and over up.**

**Today: Paul talks to us about how to deal with worry and exhaustion**

**How many of you can say right now you are dealing with some stress?**

**Worry Stats:**

* **40% of our worries are about events that will never happen.**
* **One says – 85% of What We Worry About Never Happens**
* **30% of worry is about things that have already happened.**
* **22% of worry is about trivial, small or minor things**
* **4% of our worries are about things we can’t change**
* **4% of our worries are about thing we can act on and impact**

**96% of our worry is on things we can’t control**

**It turns many into pessimists – negative natured people**

**How are we going to combat it?**

**As an adult the pressures get bigger and heavier. Journal of medicine - 60% of business medical care is for job stress related disorders.**

**What is eating at us? How are we going to respond to this?**

**We have been in Philippians - Paul in prison for preaching the good news of Jesus - writing to a church he planted 11yrs earlier 800m away.**

**Last week – looked at Paul’s mature perspective on maturity and to not be swayed by the legalism or lawlessness.**

**Paul now changes the subject - shares his concern to what seems to be an intense issue between two ladies at church.**

**Philippians 4:2 Now I appeal to Euodia (eee-ooo-da) and Syntyche. (sin-te-che) Please, because you belong to the Lord, settle your disagreement. (Bad news spreads even then – people will find out… names – must be causing real issues) 3 And I ask you, my true partner, to help these two women, for they worked hard with me in telling others the Good News. They worked along with Clement and the rest of my co-workers, whose names are written in the Book of Life.**

**2 friends - Christians - they love Jesus - active in serving God and others, but something happened - and things are getting stressful.**

**4 Always be full of joy in the Lord. I say it again—rejoice! 5 Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. 6 And, don’t worry about anything; (be anxious for nothing) instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.**

**We often zip thru that first part… Paul mentions something they all knew about – but we don’t – and then he goes on to talk about joy, peace, and worry. But mentions a real issue of stress…**

**It is important to remember that the NT was written to real people - dealing with real issues – for them – preserved for us.**

**Paul gives us two scenarios / opposites - that we tend to operate in:**

Worry & Peace

**Anxiety/ Worry = to go to pieces, tear apart, continually biting, gnawing**

**Peace = a sense of perfect calm - harmony – to bring wholeness**

**Two opposites – one a gnawing / one a calm. I’ve had both…**

**Paul is talking about w/ conflict and worry – both are big factors in having stress. Let’s take a closer look at how Paul deals with this…**

**Dealing with CONFLICT – external stress**

* **You will have it - you can’t avoid it – “Euodia and Syntyche”**

**Hard to avoid it. People are diff with diff opinions. Even among Christians – and even with friends.**

**These Christian women are leaders and not getting along. This was not about false teaching or bad conduct – it was personal.**

* **As Christians we must protect our unity and relationships**

 **“because you belong to the Lord, settle this…”**

**Unity is Gained slowly - but lost quickly. Protect it!**

**The world is watching us as to how we work out our issues with each other.**

* **Little things can drive a big wedge**

**The issue is not mentioned, because it possibly was already known – or the issues was most likely irrelevant.**

**Sadly, we find that often it is the little things that drive a wedge in our relationships… it was the case here.**

* **Do whatever it takes – to make it right**

**“…I plead with you… agree with each other in the Lord…”**

**It did not matter what it was – I won’t even mention it – just get it right.**

**Paul said, “I plead with you / I ask you please – make it right”**

**Do whatever it takes to find peace - Live with eternity in mind**

**Find the common ground. Let God be the Judge**

* **Sometimes you might need a mediator**

**Phil 4:3 And I ask you, my true partner, to help these two women…**

**Notice he named a mediator – sometimes you need one**

**Don’t be so prideful – that you won’t get help.**

**It’s in this context that he says - Phil. 4:4 Rejoice in the Lord always. I will say it again: (He knew you wouldn’t believe it so he said it twice) Rejoice! (Lit. means delight in God’s grace) 5 Let your gentleness be evident to all. The Lord is near. (This will not last forever – Jesus is coming back)**

* **However, it turns out – remember God’s grace**

**When that relationship hits a wall - remember God’s patient grace for you, be glad, be positive, and be gentle – This won’t last forever.**

**“Let your gentleness be evident to all.” - epieikes (ep-ee-i-kace') - gentle, patient.  Greeks explained the word as “justice and something better”**

**Let your “justice and better” - be evident to all**

**We deserve justice (wages of sin…) but God gives us something better. We are to give the same. Do you have someone in mind right now? What will you give? Something better than justice?**

**Romans 12:18 - If it is possible, as far as it depends on you, (do your part) live at peace with everyone. What is God calling you to do bring relational peace?**

**Dealing with WORRY – internal stress**

**(In prison facing execution he says) Philippians 4:6 Don’t worry (be anxious) about anything;**

**Really, anything? Don’t worry – right – easier said than done**

**BTW - Worry is not a sin but staying there is!**

**Paul is talking about “worry wart” removal**

**6b …instead, pray about everything. (prayer) Tell God what you need (petition) and thank him for all he has done. (thanksgiving – attitude of gratitude) 7 Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.**

**When Anxiety comes – when worry comes: Phil tells us what to do**

1. **Talk to Jesus**

**Philippians 4:6 Don’t worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done.**

**Worry is on the attack, fear, anxiety - talk to God! Just start talking to Him. Worry about nothing – but pray about everything.**

**FYI - God never panics –can’t shock Him – And if it matters to you, it matters to Him. Nothing too small or too big…**

**There is nothing too great for God’s Power, and nothing too small for our Father’s care**

**Paul says, when worry comes – make your requests, submit and align them with his will, release them into his hands – be thankful for what God has done… and look what you get in return… Phil 4:7 Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.**

**Peace that surpasses understanding in the middle of chaos…**

**You might think - How can I not worry this is terrible news? Because God has it in his hands, I can have peace in the storm**

1. **Talk to another Christian**

**Part of prayer is to pray with one another – To lift up your arms when you have a hard time lifting them yourselves. Great examples in the Bible: Jam 5:16, Eph 6:18, Ec 4:9-12, 1 Thes 5:25, Ro 15:30-31, Ex 17:12, Gal 6:2**

**Bring in another Christ follower to help carry it with you.**

**Christian friendships - Life Teams – we need each other.**

**Then look what he says about this - Philippians 4:8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. (get your mind on these thinks)**

1. **Talk to yourself**

**There is a battle of the mind - The war is a spiritual war – and we fight in prayer and in our thought life.**

 **2 Corinthians 10:3 For though we live in the world, we do not wage war as the world does. 4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.**

**Get your brain washed – with the Word of God**

**When the lies of the enemy are loud! Takes those thoughts against God’s word and tell them to be obedient. I am a child of God…!**

**When negativity is moving in! Tell yourself – NO! I will keep my mind on what is right, good, true, honorable, pure, lovely and praise worthy!**

**Get rid of that stickin thinknin!**

**The decision to see our circumstances through the lens of God power and will – to keep our mind on his goodness.**

**Then he says this – Phil 4:9 Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.**

1. **Rinse – repeat**

**You want peace in the stress of conflict and worry – rinse repeat:**

* **Keep talking to God**
* **Keep talking and reaching out to other Christians**
* **Keep telling yourself God’s word – reject the lies**
* **And do it all gain.**

**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.**

**Jesus mentions two types of peace:**

**Peace from the world – vacation, day off, trip (external peace)**

**Peace from Jesus – chaos around, but still at rest (internal peace)**

**IN JESUS, WE FIND EXTERNAL PEACE**

**In our relationships at work, school, home – with friends**

**IN JESUS, WE FIND INWARD PEACE**

**In the middle of chaos, circumstances, stress, and the unknown**

**This sermon has a very special place in my heart. I preached on this 9 years ago – on Feb 11, 2009 - the week I was diagnosed with cancer.**

**I read my notes this week – after the sermon I announced it…**

**It read - Where I am at today…**

* **I shared my - My diagnosis with Lymphoma**
* **My treatment and recovery outlook - I may not be here next week…**
* **I shared - What this means for the church – to be faithful…**

**Step up to the plate – I will need you to serve / I am not resigning as pastor – I want to come back to a healthy church**

**I read - Read Kim’s Email – I will video journal**

**Ended with this – that “this message is for me today” – that God is always right on time – this is what I needed… how about you?**