

Study Guide

Our Study: Philippians 4.6-7

Message: 3 Habits for Walking in God's Peace

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Objective: Our study of Philippians 4.6-7 will help us understand how praying correctly and giving thanks continually will help us walk in God's peace that passes our understanding.

v.6a. Be anxious for nothing,

Habit 1: Do not _____ about anything.

Why we worry:

Worry comes from our brain trying to protect us

Worry = brains safety alarm turned up too loud.

Worry never has a positive outcome.

Jesus said not to worry:

'I tell you, do not worry about your life...' Matthew 6.25 (NIV)

'Can any one of you by worrying add a single hour to your life? Matthew 6.27 (NIV)

'Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.' Matthew 6.34 (NIV)

v.6b. but in everything by prayer and supplication,

Habit 2: _____ about everything. Turn your worries into conversations with God. Reference: Psalms 55.22

By prayer and supplication:

- **Prayer** – talking with God in ongoing conversations
- **Supplication** – to plead for a specific request

Prayer = talking to God

Faith = how you talk to God

References: 1 Thessalonians 5.17, Hebrews 11.6, Mark 11.22

Love = security in God – 1 John 4.16

'Faith does not replace your fear without God's love.'

Application: I cast my worries to God **by faith** and I'm secure in His love that sustains me and protects me from all judgment and danger.

v.6c. with **thanksgiving**, let your **requests** be made **known to God**;

Habit 3: Be _____ in everything.

Prayer = talking to God

Faith = how we talk to God

Thanksgiving = our worship to God

Reference: 1 Thessalonians 5.18

‘As you trust God with your worries, you actively thank Him during your trials, trusting God’s ultimate plan and purpose for your life.’

1. Thankful for your **breath**.
2. Thankful for what **God has done**.
3. Thankful for what God is **going to do**.
4. Thank Him for His **sustaining presence**.

v.7. and the **peace** of God, which **surpasses** all **understanding** will **guard** your **hearts** and **minds** through Christ Jesus.

Promise: God will give you His _____

When prayer is done correctly, it results in the peace of God that surpasses your understanding and guards your hearts and minds in Christ Jesus.

Paul’s thorn – 2 Corinthians 12.7-10

- Wanted His thorn removed
- God did not remove the thorn
- God gave Him grace, strength, and His presence

Progression of prayer:

1. **Talking** with God about your (eyes, mind, ears, and heart)
2. **Trusting** God with your worries (yielding your desires)
3. **Thanking** God (in His presence)

‘When you **talk** to God, and **trust** Him with your worries, offering **thanksgiving**, He gives you a **peace** that surpasses all understanding (reason), guarding your heart (emotions) and mind (thoughts) as you rest in His control.’

You will keep in perfect (complete) peace
all who trust in you,
all whose thoughts are fixed on you! **Isaiah 26.3:** (NLT)