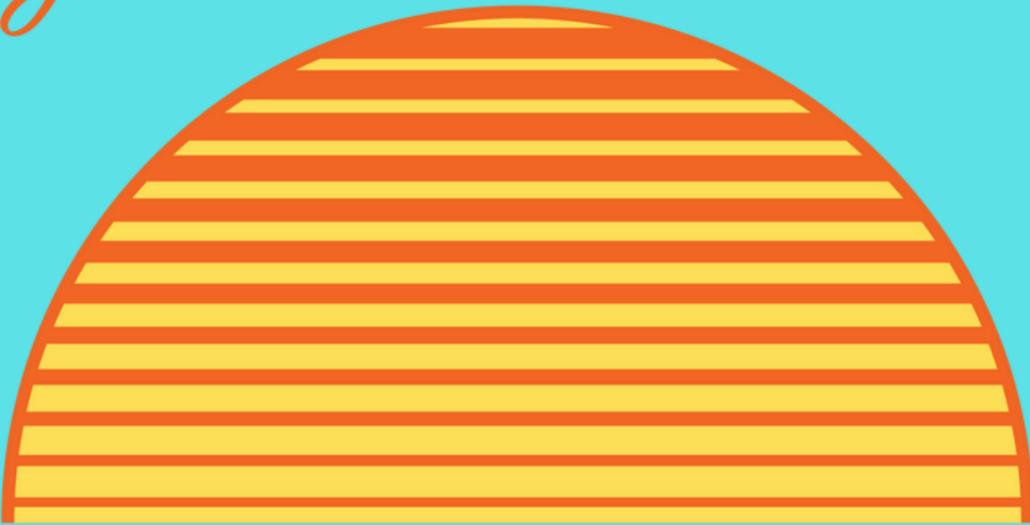


*The Journey*  
**SHINE**   
 **TOGETHER**

*Philippians 2:15*

**Philippians 4:1-9: The God of Peace**

**4:1 Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.**

**2 I entreat Euodia and I entreat Syntyche to agree in the Lord. 3 Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life.**

**4 Rejoice in the Lord always; again I will say, rejoice. 5 Let your reasonableness be known to everyone. The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.**

**8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. 9 What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.**

**Philippians 4:1-9 (ESV)**

**4:1 Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.**

# Two Peace Points

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**1) We need peace with one another.**

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**“5 Let your reasonableness be known to everyone. The Lord is at hand;”**

**“I therefore, a prisoner for the Lord, urge you to walk in a manner worthy of the calling to which you have been called, 2 with all humility and gentleness, with patience, bearing with one another in love, 3 eager to maintain the unity of the Spirit in the bond of peace.”**

**Ephesians 4:1-3**

# Two Peace Points

- 1) We need peace with one another.**
- 2) We need peace to defeat anxiety.**

# **How to Gain the Peace of God and Defeat Anxiety**

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**1) Rejoice!**

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# **How to Gain the Peace of God and Defeat Anxiety**

**1) Rejoice!**

**2) Pray**

# **How to Gain the Peace of God and Defeat Anxiety**

- 1) Rejoice!**
- 2) Pray**
- 3) Think about good things**

**“8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”**

**“Gen Z became the first generation in history to go through puberty with a portal in their pockets that called them away from the people nearby and into an alternative universe that was exciting, addictive, unstable, and... unsuitable for children and adolescents.”**

**Jonathan Haidt, The Anxious Generation**

**“My central claim in this book is that these two trends—overprotection in the real world and underprotection in the virtual world—are the major reasons why children born after 1995 became the anxious generation.”**

**Jonathan Haidt, The Anxious Generation**

**“8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”**

# **How to Gain the Peace of God and Defeat Anxiety**

- 1) Rejoice!**
- 2) Pray**
- 3) Think about good things**

**The peace that surpasses understanding**

**The peace that surpasses understanding**

**The peace of God**

**The peace that surpasses understanding**

**The peace of God**

**The God of peace**

**It's not the news that any of us hoped that we  
would hear**

**It's not the road we would have chosen  
The only thing that we can see is darkness up  
ahead**

**But You're asking us to lay our worry down and  
sing a song instead**

**And I didn't know I'd find You here,  
in the middle of my deepest fear  
But You were drawing near,  
You were overwhelming me with peace  
So I lift my voice and sing:  
"You're gonna carry us through everything!"  
You were drawing near  
You're overwhelming all my fears with peace.**

**Ellie Holcomb, "Find You Here"**

**“Therefore, since we have been justified by faith,  
we have peace with God through our Lord Jesus  
Christ.”**

**Romans 5:1**

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*Philippians 2:15*

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