

Practicing Peace

Church in a Box - Sunday, September 1, 2019

This is a hard time of year for me. As many of you know, our daughter Brinly has a severe peanut allergy. Every year, I find myself getting more and more anxious as the school year draws near. Even after we've done all the paperwork, met with her teacher and the school nurse, gotten new epi-pens and established her safety plan, I still worry. I desperately need the Lord's peace for all the stuff outside of my control.

Paul wrote to the believers in Philippi about this same thing. He encouraged them to come to God with their anxiousness and worry. He didn't write to them from a place of presumption; he knew first hand exactly how they were feeling. While writing his letter, Paul sat in prison. He had been arrested in Rome for sharing about Jesus. He didn't know how long he would be there, or even if he would leave prison alive. In his own moment of anxiety and worry, he tells his readers: "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." – Philippians 4:4-9

Do you have things that you're feeling anxious about, just like me? I believe the Lord can give us His peace. As I pray for myself, and Brinly's safety, I will pray for you as well. I hope this devotional will help you to practice peace. – Pastor Molly

Application

What concerns, worries or anxious thoughts do you need to bring to God?

Read Philippians 4:4-9 (included on the back)

What stands out to you in the passage?

What observations can you make about what to do when we're feeling anxious or worried? Be sure to consider all the different nouns, pronouns, verbs and adverbs.

Based on those observations, write a plan for what to do when you're feeling that way. This is your own unique plan for "practicing peace."

How are you going to apply this study in your life this week?

Consider carrying the stone included over the next week as a reminder of the decision you've made to practice peace.



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Philippians 4:4-9

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. 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.

“The abiding message of Philippians concerns the nature and grounds of Christian joy. For Paul, true joy is not a surface emotion that depends on the favorable circumstances of the moment. Christian joy is independent of outward conditions, and is possible even in the midst of adverse circumstances, such as suffering and persecution.” – *New Spirit-Filled Life Bible Commentary Notes, Pastor Jack Hayford*



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