



THRIVE 2021 – Living a Life that Excels/ Overcoming Worry 10th January 2021 Brian Greenaway

This Study Guide provides a summarised study with additional discussion questions based on the scriptures mentioned in the sermon.

Connect:

1. Worry and stress are major issues. The most recent lockdown has added to these already rising pressures, with people concerned about:
 - Health, virus and delayed procedures, etc.
 - Finance and jobs
 - Elderly relatives
 - Mental health
 - Children and Juggling home

Engage:

2. Read [Philippians 4:4-9](#) (*Did you know, this text includes one of the most popular verses amongst those who read the Bible.*)
3. There are three absolutes in Philippians 4:4-9: Nothing, Everything and Whatever
 - The First Absolute: Be anxious for **nothing**
 - It would be good not to worry, but some are more prone to worry than others.
 - The Bible tells us that the cure for worry is believing prayer in the Presence of God.
 - The Second Absolute: In **everything** by prayer and supplication
4. There are three key terms in Phil 4:4-9 that will help us move from a place of worry and stress to a place of peace or Shalom:

*Rejoice in the Lord always. Again I will say, rejoice! ⁵ Let your gentleness be known to all men. The Lord is at hand. ⁶ Be anxious for nothing, 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 minds through Christ Jesus. ⁸ Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. ⁹ The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.*

Framework:

5. **Prayer** - When Paul uses the word 'Prayer' here, it means prayer addressed to God as an act of worship.
6. **Supplication** – Means personal needs.
7. **'Known to God'** – Gives us an emphasis on the Presence of God, this suggests that God's Presence is always there.
 - There are 2 aspects of this that gives us a framework as believer: *Immanence* and *Imminence* – or *Immanent* and *Imminent*. (God's Immanence refers to His presence within His creation – He is close by. Imminence, refers to the soon return of Jesus to earth.)
 - In verse 5 Paul speaks about the imminence of Jesus' return and then in verse 6, in the term 'known to God', we see an emphasis on the immanence of the Presence of God.
8. **'Will guard'** – The text features a military word, suggestive of a garrison or guard. God's peace is an active guard that patrols the believer in God's Presence. The people in this Roman governed city of Philippi would be fully aware of the all-encompassing rule (called *pax Romana* – The Roman peace), maintained by garrisoning troops all around the empire to control it.
 - A believers heart and mind can be guarded like this. A garrison is another name for a fortress – a military fort guarded by fully armed troops.
9. Read [Isaiah 26:1-3](#)
10. What if we don't have God's peace?
11. What if we don't sense His presence?
12. What if we don't feel that garrison?
13. What do we need to do to experience this?
14. What are the practical steps we need to take as believers?
15. Read [Psalm 27:8](#)

“We are not at peace with others because we are not at peace with ourselves, and we are not at peace with ourselves because we are not at peace with God.”

Thomas Merton

16. Focus on that which sets your heart and mind right with God. Phil 4:4-9 says the things which you learned and received and heard and saw in me, these do, and the God of peace will be with you. Paul says I have given you an example, a pattern:
 - a. *Learned*
 - b. *Received*
 - c. *Heard*
 - d. *Saw*
 - e. *Do*Practice these things as a habit.

“Do NOT waste time bothering whether you ‘love’ your neighbour; act as if you did. As soon as we do this, we find one of the great secrets.

When you are behaving as if you loved someone, you will presently come to love him.”

C. S Lewis [Mere Christianity]

- The Third Absolute: Reread Phil 4:8
- a. True – Character
- b. Noble/Honest – Worthy of reverence, serious
- c. Just – Righteous
- d. Pure – Purity
- e. Lovely – Winsome, pleasing, endearing
- f. Good report – Fair speaking, winning, attractive.
- g. Virtue – Mental excellence, moral quality, physical power.
- h. Praiseworthy

Conclusion:

- The important thing for us in all areas - but in particular our subject today - is that if we really wish to experience the peace of God which truly passes all understanding, we must be in the Presence of God and our framework is to pursue this environment. To meditate, to dwell, to actively plan to feed our lives with things which are on the above list. We cannot expect to achieve that peace without them.
17. How often do we carefully reflect on things?
18. How about starting an audit? Log down everything you consume this week – through your eyes and ears.
19. Read [Proverbs 4:23](#)
- The Bible is the ultimate – God’s word. When that takes up the majority of our time, then we will begin to win the war against worry.

Prayer:

“Dear Lord, help fill my life with your truth and life. In Jesus Name Amen.”

Extra Resources:

Read [The Holy War by John Bunyan](#)

Read [Defiant Joy by Stasi Eldridge](#)

Read [You are free: Be Who You Already Are by Rebekah Lyons](#)

Read [When I don't desire God: How to Fight for Joy by John Piper](#)

Read [Anxious for Nothing by Max Lucado](#)