

4 – RECEIVE

What does God promise? “**And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus.**”—Phil. 4:7



Take a closer look:

- Does God promise to remove every problem in our lives? No.
- Does God promise to make every circumstance pleasant? No.
- Does God promise to give us His peace? Yes.
- Does God's peace always make sense? No.
- Does God's peace have an important connection? Yes, to **Christ Jesus!**

Therefore: **Our peace IS IN Christ Jesus, *not* in our circumstances!** Even though our circumstances keep changing, our peace can remain steady *whenever it is anchored in Christ Jesus!*

By grace through faith in Jesus:

- **We are forgiven!**
- **We have eternal life!**
- **God is our gracious Father!**
- **He hears our prayers!**
- **He is with us!**
- **He has a plan for us!**
- **He guides us through the Bible!**

5 – REPLACE

Giving an anxiety to God doesn't mean anxious thoughts will never return.

Therefore: *Let us immediately fill the void with the contents of Phil. 4:8, whatever is: **True** or **Honorable** or **Right** or **Pure** or **Lovely** or **Commendable** or **Excellent** or **Worthy of Praise***

Why are those things important? Since our minds will dwell on **something**: Let's **starve** our minds of negative thoughts and **feed** our minds with positive thoughts.

Ask yourself:

- **What is true about God?**
- **What has God promised me?**
- **What blessings has God given me?**
- **What has Jesus done for me?**
- **What is my blessed situation?**

Don't say: “**Stop worrying!**” Instead, tell yourself: “**Remember your blessings!**”

6 – PRACTICE

Paul concludes:
“**...practice these things, and the God of peace will be with you.**”—Phil. 4:9



Knowing Is Important
Practicing Is Essential

When anxiety comes:

1. **KNOW:** God's word of truth.
2. **REMEMBER:** The Lord is near.
3. **GIVE:** Everything to God in prayer.
4. **RECEIVE:** His peace in Christ Jesus.
5. **REPLACE:** Negatives with positives.
6. **PRACTICE:** Do it again—and again.

The Christian life isn't pretending that problems don't exist. **It is learning to face real problems with:**

- **A Real God!**
- **Real Unshakable Promises!**
- **Real Confidence in Jesus Christ!**

THE TRADE

When anxiety comes, remember:

- **GIVE GOD:** Your worries, fears, uncertainties, needs, and future!
- **TRUST WHAT GOD GIVES YOU:** His promises, presence, forgiveness, help, peace, and eternal life in **Christ Jesus!**

Since “**The Lord is near,**” ♦bring your concerns to Him and ♦rest in the peace that is yours in **Christ Jesus!**

Bible References: New American Standard Bible.

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STAY IN GOD'S PEACE

Trade Our Anxieties for His Peace

“And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus.”
— Philippians 4:7



Dear Friend: Life gives us plenty to worry about—health, family, finances, relationships, work, crime, war, the future, and even death. Those worries can feel overwhelming. But God invites us to **bring each one to Him** and **stay in His peace!**

1 – KNOW

BIBLE: Since God has revealed Himself to us in the Bible, let us be confident that The Bible Is True (*read that brochure*).

Therefore: When ♦our feelings tell us one thing and ♦God's Word tells us another, **let us trust God's Word, the Bible!**

GOD: Before we can trust Him with our anxieties, we need to know more:

GOD’S COMPLETE KNOWLEDGE

God knows ♦what has happened, ♦what is happening, and ♦what will happen: **“I am God, and there is no one like Me, declaring the end from the beginning.”** —Isaiah 46:9–10

Nothing catches God by surprise. Therefore: **Let us rest in Him!**

GOD’S COMPLETE CONTROL

The Bible says: **“Who is there who speaks and it comes to pass, unless the Lord has commanded it?”**—Lamentations 3:37

Nothing is beyond God's knowledge or authority. Even when we cannot understand, **God is in control.** Therefore: **Let us rest in Him!**

GOD’S MAKING AND SUSTAINING WORK

- God created us: **“God created man in His own image…”**—Genesis 1:27
- God knew us even before we were born: **“Your eyes have seen my unformed substance; and in Your book were all written the days that were ordained for me.”**—Psalm 139:16
- Every moment of our lives depends on Him: **“…in Him we live and move and exist.”**—Acts 17:28
- God continues to provide for His creation: **“You open Your hand and satisfy the desire of every living thing.”**—Psalm 145:16

Therefore: **The God who gave me life can be trusted with my life!**

GOD’S GREAT LOVE FOR US

Our greatest problem isn't anxiety. **Our greatest problem is sin.**

- We have all sinned against the God who made us. Yet He still sent His Son to save us: **“For God so loved the world, that He gave His only Son…”**—John 3:16
- John the Baptizer pointed to Jesus and said: **“Behold, the Lamb of God who takes away the sin of the world!”**—John 1:29
- Paul explained God’s saving work: **“He [God the Father] made Him [God the Son] who knew no sin to be sin in our behalf…”**—2 Cor. 5:21



Think about these great blessings:

- Jesus received our sins. We receive His righteousness.
- Jesus received our punishment. We receive His forgiveness.
- Jesus died our death. We receive eternal life.

Question: Do you *know Jesus* as Savior and Lord? So, ♦are you sorry for your sins, ♦are you trusting in Jesus for heaven, and are you living for Christ (see Luke 9:23)?

Unsure? Need help? Let’s talk!

Now: Since God has already ♦taken care of our sin and ♦gifted us with eternal salvation—**we can trust Him with every other problem as well!**

PERSPECTIVE: Let us be in harmony with the truth. Then, *when anxiety begins to take over, let’s remember what is true:*

- Nothing surprises God!
- Nothing is beyond God’s control!
- God has our lives in His hands!
- The cross proves God’s love for us!
- We are forgiven through Jesus!
- We have God’s gift of eternal life!

Therefore: Instead of allowing our circumstances to determine how we see God, **let us use God’s Word to determine how we see our circumstances!**

2 – REMEMBER

Now that we **KNOW** more about **Bible**, **God**, and **Perspective**, let’s ♦understand and ♦apply the key text: **Philippians 4:5b-9**

“The Lord is near.”—Phil. 4:5b

The Lord: ♦You may not see Him or feel His presence. ♦Your situation may seem overwhelming. **BUT** the Lord who made you, loves you, redeemed you, and saved you through Jesus **IS NEAR YOU.**

Therefore: Whenever anxiety comes, **remember: You are not alone, He is near!**



3 – GIVE

Then God tells us: **“Do not be anxious about anything…”**—Phil. 4:6

God doesn't merely tell us what **not** to do. He also tells us to **bring everything to Him** in three ways:

- PRAY** — Talk to God about whatever is troubling us.
- ASK** — Telling Him specifically what we need.
- GIVE THANKS** — Acknowledging the ways He has already blessed us.

Whatever is making us anxious—give it to Him! Peter gave us the same invitation: **“…casting all your worries on Him, because He cares for you.”**—1 Peter 5:7

TRY THIS TODAY: Take these steps:

My Anxieties:

- Write down each item troubling you.
- Give each item to God in prayer – *telling Him what concerns you.*
- After you give each to God, ~~cross it off~~ – **because it is in God’s hands.**

My Thanksgivings:

- Write down God's blessings – especially His Son, His forgiveness, His promises, and eternal life.
- Thank God for each blessing, **but don’t cross any of them off.**

Repeat: If anxieties return, give them to God again – ASAP, *and keep remembering His countless blessings!*

