

## “THE SECURE MIND”. PHILIPPIANS 4 1-23

We often lose our joy and peace because of **worry!** The **secure mind**—the mind that is guarded by the peace of God—frees us from **worry**.

- **But**, if you do **not** have the **single** mind (chap. 1),
- the **submissive** mind (chap. 2),
- and the **spiritual** mind (chap. 3)
- **you can never have the secure mind**. (chapter 4)
- We must first live what Paul describes in the **previous three** chapters before we can claim the **promises** of this **final** chapter.

**Worry** comes when the **mind** thinks about problems, and these feelings weigh down the **heart**, creating a **vicious circle** that wrecks our emotional state.

- We have to break this circle of worry before we can enjoy peace. Paul’s **mind** and **heart** were at peace and could not be disturbed by **people, circumstances, or things**.

**In this chapter, Paul gives us God’s four-fold remedy for worry.**

### I. God’s Presence (4:1–5)

“*The Lord is at hand*” means that He is near to help us right now. (v. 2) Two women in the Philippian church at odds with each other, and Paul encouraged them to make things right. **Worry often comes when we do not make things right with people.**

- If we keep in mind that the Lord is with us in every circumstance, then we will get along with other people.
- If we get our eyes on Him instead of on people, we would have His joy and peace.
- Paul says: *stand fast in the Lord; be of one mind in the Lord; rejoice in the Lord; the Lord is near at hand!* This is “practicing the presence of Christ,” seeing Him in every situation of life.

### 2. God’s Peace (4:6–9)

“*Peace with God*” will come when we practice **right thinking, right praying, and right living**.

*Right praying* (vv. 6–7).

Not just praying, but **right** praying. It begins with **adoration**. Next comes **supplication**, the sincere desire of the heart. True prayer comes from the **heart**, not the **lips**. There is **appreciation** or

**thanksgiving**. It takes faith to thank Him for uncomfortable circumstances or for requests not yet granted.

- **Right thinking** (v. 8).

Peace involves the **mind**; “*as he thinketh, so he is*” (Prov. 23:7).

- Wrong thoughts will lead to unrest and discouragement, but spiritual thinking will lead to peace.
- Meditation on the Word of God will always bring peace (Ps. 119:165).
- **Right living** (v. 9).

Right living always brings peace; it is not enough to use the Bible as a basis for praying and claiming its promises; we must also use it **as a basis for our living, obeying its precepts**.

### 3. God’s Power (4:10–13)

Paul had learned by experience the secret of peace: “*I can do all things through Christ who energizes me!*” The J.B. Phillips translation says, “*I am ready for anything through the strength of the One who lives in me*” (v. 13, PH).

- **Turn back to Phil. 2:12–13 and you will see that God cannot work through us until first He works in us; He works in us through His Word**, through **prayer** by the Spirit, and sometimes through **suffering**.
- If we depend on our own power, we will fail; but if we depend on His strength, we can do all things through Him.

### 4. God’s Provision (4:14–23)

- Paul had peace in his heart concerning his personal needs, for God had promised to supply all of them!
- Paul thanks the Philippians for their gifts and assures them that the spiritual meaning of their gifts is far more important to him than the gifts themselves.
- Paul believed in **the providence of God**, that God was in control of events and that He was able to meet every need (Rom. 8:28). <sup>28</sup>*And we know that in all things God works for the good of those who love him,<sup>[a]</sup> who<sup>[b]</sup> have been called according to his purpose*
- When the Christian is in the will of God, the entire universe works for him; but when he or she is out of the will of God, everything works against him. **This is the providence of God.**