

Philippians 4:1-8

Philippians 4:1 Therefore, my brethren dearly beloved and longed for, my joy and crown, **so stand fast in the Lord**, my dearly beloved.

Our subject is **Antidotes to Cares and worry**. The various ingredients Standing firm on Gods promises. One of the titles in some writings was Paul's recipe for the cure to Anxiety and worry.

We all face ups and downs of our heart. Yet there is a way to be anchored and steady. **It is as we hold steadfastly to the Eternal promises**. *We stand fast in doctrine and in conduct. We stand as citizens of the kingdom of God.*

There are some that say doctrine is not very important. But it's interesting that the disciples flooded the whole of Jerusalem with their doctrine. Jesus preached and when He had finished the people were astonished at His doctrine. Jesus said we must be very careful of the leaven of the pharisees, the doctrine of the Pharisees. We are exhorted to continue steadfastly in the apostle's doctrine and fellowship and the breaking of bread and in prayers. We should not be tossed to and fro and carried about with every wind of doctrine, by the slight of men and cunning craftiness. **No, we must know steadfastly what we believe and hold to it**. We must be steadfast that there is only one name under heaven among men by which we can be saved. We must be sure it is by grace alone and not by works. We are steadfast that it is by faith alone. We believe Scripture is breathed by God all sufficient, certain, and infallible. We hold Scripture to the highest esteem, its heavenly origin the agreement between all its parts from the first to the last, the fact that throughout it gives glory to God. The full revelation of it is the only way to salvation. **We must receive scripture as the Word of God**. Receive is not just hear it, but receive it, With reverence and diligence, with all good affection and attention.

Can you see how important it is to stand steadfastly in sound doctrine.

- *in God I trust; I shall not be afraid. What can man do to me?* Psalms 56:11
- The LORD *is* my light and my salvation; whom shall, I fear? Psalms 27:1
- He shall not be afraid of evil tidings: his heart is fixed, trusting in the LORD. Psalms 112:7

Stand fast in the Lord - The secret is **in the Lord** anchored to the Lord. **We stand only in proportion as we ourselves are one with Christ in heart and in mind**.

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We cast our anchor upward where it is sure and steadfast, not downward into the depths of the sea. Upward into the heights of heaven, secure and steadfast. **John Trapp writes** Now that ship (*saith one*) may be tossed, not shipwrecked, whereof Christ is the pilot, the Scripture the compass, the promises the tacklings, hope the anchor, faith the cable, the Holy Ghost the winds, and holy affection the sails, which are filled with the graces of the Spirit.

As the words of the old Hymn say.

My hope is built on nothing less Than Jesus' blood and righteousness. I dare not trust the sweetest frame. But wholly lean on Jesus' Name. On Christ the solid Rock I stand All other ground is sinking sand, All other ground is sinking sand.

When darkness seems to hide His face. I rest on His unchanging grace. In every high and stormy gale. My anchor holds within the veil.

The words were written in 1834 by Edward Mote. He was pastor of a Baptist chapel, Horsham England.

The chapel is still there preaching Jesus Christ is Lord. They stood firm In the Lord. That is 189 years, double the average life for most. Oh, hold fast the Lord. Trust not your own strength. All other ground is sinking sand.

Oh let it be so said of us. We are **Holding Fast to Gods Holy word.** Let it be said of us that our every footstep is guided by His word. That our behaviour is in line with His word. We are steadfast in the Lord.

V2&3 Put on the Mind of Christ: A Promise of God's Peace – Spiritual and Mental Provision – we won't dwell here Long. Two quarrelling sisters, they had laboured with Paul in the Gospel side by side. He takes no sides he says to them both with affection, "I beseech you." The Apostle says their difference ought to end at once. Love should reign and peace prevail. Let us not fight, let us not create divisions amongst the believers, **Have the mind of Christ.** Consider the Lord's honour which is to be first before your private concerns. *Now the God of patience and consolation grant you to be likeminded one toward another according to Christ Jesus: Romans 15:5.*

Yet The apostle knows how hard, how difficult human nature finds it to come happily out of such a complication. So, he appeals to some old friend at Philippi, whom he calls his "genuine yokefellow," to help in this matter.

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Philippians 4:4 Rejoice in the Lord alway: and again I say, Rejoice. *Paul was not just presenting a theory. He was in Joy.* Even though he was in jail, Paul's letter resounds with the theme of joy. Forms of the word "joy" occur sixteen times in the letter. Paul's joy is grounded in the peace of God, the antidote to all anxiety.

Joy has its foundation in fellowship with **the Lord**, the believer's joy is far above all external circumstances they may face, and may **always** abide, even in the most distressing conditions. The people of the world know no such Joy. While the believer has peace in the storm.

Another ingredient in Paul's recipe for happiness and Joy *Philippians 4:5 Let your moderation be known unto all men. The Lord is at hand.* your suitable behavior, fair, reasonable, patient. Mildness and gentleness. It includes and unwillingness to contend and fight amongst each other. It includes meekness under provocation. Readiness to forgive injuries. withdraw from our own right for peace sake. A person who is always fighting and arguing doesn't have much peace or Joy, usually their thoughts of concern and worry originate from below. True wisdom is from above and so different to wisdom that comes from below. *James 3:17 But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere.* We are to be full of mercy, full of grace whereby we pity others afflicted, or even pity others that offend. **This true wisdom is not gained by talking to men, it's not gained by much knowledge of the World.** It is gained by living close to the Lord Jesus Christ.

Can we say together with the Apostle Paul, *Not with fleshly wisdom, but in simplicity and godly sincerity, by the grace of God, we have our conversation.*

Next we see something that we can do to dispel worry and anxiety. Philippians 4:6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

The text means, be not *anxious*—be not constantly thinking about the needs of this earthly life.

When we stretch this word out a little, and then you will get the meaning of it—"Be **care-full** for nothing."

Oh, that God might teach us how to avoid this evil, and to live with that holy trust which is the very beauty of the Christian life— let all our care be cast on God, and we joy and rejoice in His Providential care of us!

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I would like to be able to do this but **"I cannot help caring."** Well, the subject, today, is to help you not to worry.

The substitute for care. Be careful for nothing, **but be prayerful for everything**—that is the substitute for care, **"prayer and supplication."**

When a person gets swamped down by cares anxiety and worry, it seems the more they think about their cares they get worse and worse and multiply, when cares are so many, then our prayers should be so many. Let each care become a prayer.

For many things are hard, I have a large family, I have a very small income, or I have no job. Oh, all these are reasons why we need to be knocking upon Gods door. So many reasons for being found often at the throne of Grace. Instead of taking the care and worry, turn it at once into a prayer of supplication.

The Bible says **In everything**, by prayer and supplication, with thanksgiving, let your requests be made known unto God." **We should bring everything to the Lord in prayer** the small things as well as the big things nothing is too difficult for our Lord.

Never draw a line and say these everyday things I need to handle on my own – In everything by prayer and supplication make your requests known to God. Nothing is too little for our Lord. If not, a single sparrow falls to the ground without his notice. He cares for our minutest detail. Besides when we think how great God is His vastness and majesty, everything is small compared to Him. The whole earth is just a tiny little speck, a tiny grain of sand in the vastness of the universe. But although the earth is nothing and the oceans a drop in a bucket. He has even numbered the very hairs of our head. Therefore, in everything let your requests be made known.

Some would say once we have prayed, we don't have to ask again. But the bible says **Prayer and supplication.** If the Lord doesn't answer the first time – then you have a good reason for praying again. If you were to pray even 7 times say to yourself, I am like Elijah. And Elijah went up to the top of Carmel to pray and he sent his servant 7 times and on the seventh time the servant said behold there is a little cloud the size of a mans hand. He said to Ahab quickly prepare your chariot and get down before the rain hinders you.

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Count it an *honor* to be permitted to wrestle with the Angel of God! This is the way God makes His princes! Jacob would have never obtained His blessing to be Israel if he only asked once. He had to keep on wrestling till he prevailed, The prayer that kills care and worry and anxiety is prayer that is continued and keeps on.

intelligent prayer "Let your requests be made known unto God." That is true prayer!

We are to pray making your requests known unto God. That is, in plain English, say what you need, for this is true prayer. Get alone and tell the Lord what you need—pour out your heart before Him. Pray for what you need just as if you were telling your mother or your dearest friend what your need is. Go to God in that fashion, for that is *real prayer*, and that is the kind of prayer that will drive away your cares.

We must realize that He *is* and that He is the Rewarder of them that diligently seek Him, or else you cannot pray.—He may keep you waiting for a while, but delays are *not* denials, and He has often answered a prayer that asked for silver by giving gold! He may have denied earthly treasure, but He has given heavenly riches of ten thousand times the worth—and the one praying has been more than satisfied with the exchange! **"Let your requests be made known unto God."**

It's so easy when we are in trouble—to go to your neighbour, but your neighbour does not want to see you quite so often about such business. maybe you go to your brother, but there is a text that warns you not to go into your brother's house in the day of your calamity. You may call on a friend too often when you are hard up—he may be very pleased to see you till he hears what you are after! **But if you go to your God, He will never give you the cold shoulder. He will never say that you come too often. On the contrary, He will even chide you because you do *not* come to Him often enough!**

By prayer and supplication, ***with thanksgiving***, let your requests be made known unto God." This is the kind of prayer that kills care and worry, ***a prayer that asks cheerfully, joyfully, thankfully.*** " That is the kind of prayer that kills care—"supplication, with thanksgiving." Mix these two things well! One measure—no, two measures of prayer—prayer and supplication, then one measure of thanksgiving! mix them together well and

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they will make a blessed cure for care and worry. **May the Lord teach to have confidence in this cure.**

THE SWEET EFFECT OF THIS PRAYER—"And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus."

If you can pray in this fashion, instead of being consumed with evil anxiety, the result will be that *an unusual peace*. It will be "the peace of God." Which shall possess your heart and mind. **Notice how Paul describes it**—"The peace of God, which passes all understanding." Other people will not understand it. They will not be able to fathom how you can be so calm. Even you will not be able to tell them, for if it surpasses all *understanding*. It will be such a peace that it will be to you, *unfathomable and immeasurable*.

When one of the martyrs was about to burn for Christ, he said to the judge who was giving orders to light the pile, "Will you come and lay your hand on my heart?" The judge did so. "Does it beat fast?" enquired the martyr. "Do I show any sign of fear?" "No," said the judge. "Now lay your hand on your own heart and see whether you are not more excited than I am." Think of that man of God, who, on the morning he was to be burned, was so fast asleep that they had to shake him to wake him— he had to get up to be burned! And yet knowing that it was to be so, he had such confidence in God that he slept sweetly. **This is "the peace of God,** which passes all understanding."

This blessed peace keeps our hearts and minds—it is *a guardian peace*. It is *peace* that acts as a guard to the heart and to the mind? It is the peace of God that is to protect the child of God—strange but beautiful figure!

It is also *a peace which links us to Jesus* "the peace of God shall keep your hearts and minds **through Christ Jesus.**" It is all, "through Christ Jesus" and, therefore, it is doubly sweet and precious to us! Yet to the wicked there is no peace until they come to the Lord. No Joyful solid hope. For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace. Oh God in his mercy gave His only begotten son. Have you believed in Him? Has He washed you clean of all your sin? Has He adopted you as His very own child? Have you seen your need to be forgiven? Have you come to

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Him and fallen on your knees before Him and asked Him to forgive you of your many sins.

O my dear Hearers, Come unto Him, Our Lord said, "If any man thirst, let him come unto me, and drink." live beneath the shadow of the wings of the Almighty, then you shall enjoy a peace that shall make others wonder and make you, yourself, marvel, too, even, "the peace of God, which passes all understanding." God grant it to you, my beloved Hearers, for Christ's sake! Amen.