



PEACE UNDER PRESSURE

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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.

Philippians 4:4-7

Rejoice: Don't be Sad

Rejoice in the Lord always. I will say it again: Rejoice!
Philippians 4:4

Further, my brothers and sisters, rejoice in the Lord! It is no trouble for me to write the same things to you again, and it is a safeguard for you.

Philippians 3:1 NIV

Why Rejoice Under Pressure?

Personal Growth

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Personal progress comes through personal pressure!

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Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.

Romans 5:3-4

Why Rejoice Under Pressure?

Kingdom Growth

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Now I want you to know, brothers and sisters, that what has happened to me has actually ***served to advance the gospel.*** As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ. And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear.

Philippians 1:12-14

Greet all God's people in Christ Jesus. The brothers and sisters who are with me send greetings. All God's people here send you greetings, ***especially those who belong to Caesar's household.***

Philippians 4:21-22

Be Gentle: Don't Get Hard

Let your gentleness be evident to all.

Philippians 4:5

Gentleness Defined:

Patience and mercy when things aren't right or fair.

Pressure does not give us the permission to ever
retaliate or to harden our hearts.

When they came to the place called the Skull, they crucified him there, along with the criminals--one on his right, the other on his left. Jesus said, "Father, forgive them, for they do not know what they are doing."

Luke 23:33-34

Relax: Don't Be Anxious

The Lord is near. Do not be anxious about anything,
Philippians 4:5-6

When I said, "My foot is slipping," your unfailing love, Lord,
supported me. When anxiety was great within me, your
consolation brought me joy.

Psalms 94:18-19 TNIV

Request: Don't Complain

In every situation, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:6b

Three Distinctives of How to Present Our Pressure-filled Situation to God:

- Make the request (by prayer)
- Pursue the request (by petition)
- Give thanks for the request

And the peace of God, which transcends all understanding, will guard your hearts and your minds **in Christ Jesus.**