# The Joy of Peace

**Ken Chapman** · Philippians 4:4–18

## INTRODUCTION

- Christianity can't be boiled down to just one sentence.
- You don't have to choose one or the other. You can be both holy and happy.
- You really can't have one without the other. Joy gives peace, and peace leads to joy.

## 1 Peace Through Prayer

**Philippians 4:5–7; Revelation 21; Revelation 22**

- Only when we have the right mindset toward serving and giving and humbling ourselves in regard to another, am I properly fitted to pray to God.
- Anxious for nothing, but let God take care of everything.
- Let God take care of this. Let God do the driving. Put it in God's hands.
- How much anxiety, how much stress, how much angst would be relieved from the child of God if we could just remember that God is on his throne.
- The peace of God which surpasses all understanding will guard your hearts and minds through Christ Jesus.

## 2 Peace Through Meditation

**Philippians 4:8**

- 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… meditate on these things.
- Every one of those things are things that God is and has and gives us.
- One thing that can rob our peace is being a pessimist.
- Oh, yes, they're in God's word, they're in God, but they're also all around you.
- There's a lot of darkness, but there are lights in this world. See those. Meditate on those. And that will give you peace.
- Turn those things off and just go into the country and meditate and find peace.

## 3 Peace Through Contentment

**Philippians 4:10–13; Philippians 4:18**

- Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.
- But then it takes a turn when he says in verse 13, I can do all things through Christ.
- We talked about peace through prayer, peace through meditation, peace through contentment. We really could say peace through Christ.
- Indeed I have all and abound. I am full.

- But then we remember where he is when he says, I'm full. I've got everything I need.

> THE CHALLENGE
>
> **Would you come to Him and find that peace and that joy this morning?**

## MY NOTES