

# Be Anxious For Nothing

Finding God's Peace In The Midst Of Life's Pressures

— PART THREE —

***Doing What Matters In  
Community With Others***

## The Peace Of God

## The God Of Peace

**Philippians 4:6-9** — Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And **the peace of God**, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

## The Peace Of God & The God Of Peace

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and **the God of peace** will be with you.



# Paul's Recipe For God's Peace

***PRAY!* +**

**Do The Right Things**

[**practice these things**]

**With The Right People**

[**brothers**]

**With The Right Mindset**

[**think about these things**]

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# Rebekah Kellaway's Pilgrimage

- Shame was the biggest **BARRIER** to my healing
- God uses me **IN SPITE OF** my weakness
- God uses me **BECAUSE OF** my weakness

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. (2 Corinthians 12:9)



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# Every Reason To Be Anxious

## **Paul Faced Overwhelming Challenges**

Five times I received at the hands of the Jews the forty lashes less one. Three times I was beaten with rods. Once I was stoned. Three times I was shipwrecked; a night and a day I was adrift at sea; on frequent journeys, in danger from rivers, danger from robbers, danger from my own people, danger from Gentiles,

# Every Reason To Be Anxious

danger in the city, danger in the wilderness, danger at sea, danger from false brothers; in toil and hardship, through many a sleepless night, in hunger and thirst, often without food, in cold and exposure. And, apart from other things, there is the daily pressure on me of my anxiety for all the churches. (2 Corinthians 11:24–28)

# The Apostle Paul & The Challenges Of Ministry

## Paul Did Not Experience Chronic Emotional Problems

Therefore, having this ministry by the mercy of God,

**we do not lose heart**

afflicted in every way, but **not crushed**

perplexed, but **not driven to despair**

**we do not lose heart**

(2 Corinthians 4:1–16)



# Paul's Recipe For God's Peace

## **I. DO THE RIGHT THINGS: Paul's Passion For The Gospel**

# SIGNIFICANCE

## *The Need To Make A Difference*

“Humans don’t mind hardship, in fact they thrive on it; what they mind is not feeling necessary. Modern society has perfected the art of making people not feel necessary.”

— Sebastian Junger

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- A. Paul longed for **non-Christians** to **HEAR** about Christ
- B. Paul longed for **Christians** to **GROW** in Christ



# **“For Me To Live Is Christ”**

— Philippians 1:21 —

**“For me to live is to experience Jesus in every  
area of my life.”**





# “For Me To Live Is Christ”

— Philippians 1:21 —

~~“For me to live is to experience Jesus in every area of my life.”~~

“**For me to live is** to be acquitted of the charges against me and released from prison, so that I can continue to help **OTHERS** experience Jesus in every area of **THEIR** lives.”



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## II. WITH THE RIGHT PEOPLE: Paul's Connection With Others

# Purpose + Community = Mental Health

“When people are actively **engaged in a cause** their lives have more **purpose**. . .with a resulting improvement in mental health. It would be irresponsible to suggest violence as a means of improving mental health, but the Belfast findings suggest that people will **feel better psychologically** if they have more **involvement with their community**.” H. A. Lyons, *Journal of Psychosomatic Research*, 1979 .”

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- A. Paul & His **Co-Workers**

### III. Paul & His Co-Workers

“Paul explicitly calls no less than sixteen persons **fellow workers**, and his usage, along with circumstantial evidence, suggests that he would have so identified another twenty to twenty-five women and men. Acts and the Pastorals have picked up this evidence and added another fifteen names. Paul’s **association with so many fellow workers** has no parallel in early Christian missionary activity.”

— W.-H. Ollrog

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- B. Paul & His **Converts**

## **THE DATA**

People in wealthy countries suffer depression at as much as eight times the rate they do in poor countries.

## **THE EXPLANATION**

Poor people are forced to share their time and resources. As a result they live in closer communities.

## **THE PAYOFF**

They experience next to none of the mental health problems we experience in the West today.

## Ben Franklin (1753)

“When an Indian child has been brought up among us, taught our language and habituated to our customs, [yet] if he goes to see his relations, there is no persuading him ever to return.”

“[But when colonists who were taken captive by Indians] are ransomed by their friends, and treated with all imaginable tenderness to prevail them to stay among the English, yet in a short time they become disgusted with our manner of life, escaping again back into the woods.”



## **Hector de Crevecoeur (1782)**

“Thousands of Europeans are Indians, and we have no examples of even one of those Aborigines having from choice become European. There must be in their social bond something singularly captivating and far superior to anything to be boasted of among us.”

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