

Soli Deo Gloria

The Peace of God Guards Our Hearts and Our Minds
We can let our anxiety go
We can let our joy show

Intro: When we read the words of our text earlier in our service did you recognize a portion of it? You hear some of these words every Sunday. I speak them to you after every sermon with a couple of slight variations. ‘The peace of God which passes all understanding will guard and keep your hearts and minds through faith in Christ Jesus.’ Those words are not just a formula to close a sermon with. They are not words to let you, the hearers, know that now I’m done. No, those words mean something much more important than that. The truth revealed in these words enables us to face the trials of this life and aids us in our relationships with the people around us. These words from the pen of the Apostle Paul tell us that The Peace of God Guards Our Hearts and Our Minds. And because God’s peace guards our hearts and minds 1) We can let our anxiety go and 2) We can let our joy show.

I. We can let our anxiety go (6a)

A. Prayer

1. what!!
 - a. let me repeat the words I just read
 - b. “do not be anxious about anything”**
 - c. God’s telling us not to worry about a single thing, ever!
 - d. and we say, “Yeah, right – that’s impossible”
 - e. our brains have the ability to speculate, to think ahead
 - f. ‘what if’ is sometimes our favorite expression
 - g. we are, to a greater or lesser extent, a worrying people
 - h. **‘do not be anxious about anything’??** how’s that possible?
 - i. how can we do as God desires?
2. prayer **(6b)**
 - a. the answer is prayer
 - b. in our anxious times we will approach God
 - c. in a spirit of thankfulness and humility
 - d. and lay everything that causes us anxiety at his feet
 - e. and kindly request that he deal with it for us
 - f. one author put it this way **“To be anxious about nothing, pray about everything.”**
 - g. we can let our anxiety go
 - h. and find serenity by praying to our God

B. Peace

1. peace of God
 - a.** in addition we can let our anxiety go and find serenity by remembering that **(7)**
 - b. this peace of God is the peace of knowing that our sins are forgiven for Jesus’ sake
 - c. which, in turn, assures us that God is our loving Father who cares for us
 - d. this is a peace that goes beyond all human understanding – it is so marvelous
 - e. and this peace gives us more serenity in this life than any plan we might think of or design to relieve our anxiety
2. guards
 - a. this awesome peace guards our hearts and our minds
 - b. guard = Greek military term which gives the picture of a sentry standing guard
 - c. this peace stands guard at our hearts and minds
 - d. preventing care from corroding our hearts

e. and blocking any anxious thoughts from entering our minds

Trans: As God desires, we can let our anxiety go by going to God in prayer and remembering that God’s peace guards our hearts and minds. God also desires that we...

II. We can let our joy show **(4)**

A. Joy in attitude and relationships

1. joyful attitude in life
 - a. permit me to read those words again
 - b. “rejoice in the Lord always”**
 - c. God is telling us that we can have a joyful attitude all the time
 - d. not just some of the time, but all of the time
 - e. there will never be a time when we cannot have a joyful attitude
 - f. Christians can have a joyful attitude: whether they are employed or unemployed
 - g. whether the economy is good or the economy is bad
 - h. whether they are sick or healthy
 - i. whether they have enough to pay the bills or if they struggle to pay the bills
 - j. in peace or in persecution
 - k. God’s will for our lives is that we always have a joyful attitude in our lives
 2. be gentle
 - a. God also desires that we let our joy show in our relationships with other people
 - b. (5a)**
 - c. God would have us be gentle
 - d. Greek word translated gentle is a difficult word to define with just one English word
 - e. Greek word includes ideas like: selfless, fair, reasonable, considerate, not insisting on getting your way all the time
 - f. one might say it’s having a Christ-like attitude toward others
 - g. God desires that we show this spirit of gentleness in our relationships with all people
 - h. rejoice always; be gentle with everyone – that’s a tall order to fill
 - i. how can we do as God desires?
 - 3. the Lord is near (5b)**
 - a. by remembering that the Lord is near
 - b. when we remember that the Lord is always by our side
 - c. and when we remember that Jesus second coming is imminent
 - d. and that our glorious inheritance of eternal life is about to come
 - e. it puts our lives and our relationships on this earth in the proper perspective
 - f. because we are at peace with God through Christ Jesus
 - g. because our sins are forgiven
 - h. we can look forward to Jesus’ second coming because on that day we will receive from Jesus a new life
 - i. a life free of all trouble and heartache and pain and struggle and strife
 - j. why worry and argue about earthly matters when that glorious life is right around the corner?!
- B. Possible in the Lord
1. law
 - a. don’t worry about a single thing; always have a joyful attitude; be gentle with all people
 - b. that is God’s will for our lives!
 - c. and how often don’t we fall so very far short of what God desires

- d. we fret and worry about so many things – homework, relationships, bills, our health, an upcoming surgery, an upcoming trip
 - e. and sometimes seem to enjoy it in an unusual way
 - f. many times our attitude is more pessimistic and gloomy than it is joyful
 - g. we pout and mope and wear long faces sometimes more than we smile
 - h. are we always gentle with our parents, our classmates, our professors, our spouses, our students, the clerk at the store?
 - i. we disobey God so often and we so deserve God’s punishment both here and in eternity
2. gospel
- a. but we shall not suffer such a fate
 - b. because we are in the Lord Jesus
 - c. at our baptism God the Holy Spirit brought us to faith in God’s Son, our Jesus
 - d. the One who came as a baby in Bethlehem
 - e. the One who grew up and lived perfectly in our place and who died as our innocent Substitute so that we will never die
 - f. the One who will come again as King and as Judge
 - g. for his sake God has taken our sins away
 - h. as the Baptist declared about him in **(1Jn 1:29, “Look, the Lamb of God, who takes away the sin of the world.”)**
 - i. because we are in our Lord Jesus our sins are forgiven
 - j. also, because we are in the our Lord Jesus we are spared any part of God’s punishment
 - k. either here on earth or in the life to come
 - l. finally, because we are in our Lord Jesus
 - m. we are new spiritual people
 - n. who have new spiritual power
 - o. we have Jesus in us and we have his strength to conform our lives to his will
 - p. and so it is possible for us not to worry
 - q. it is possible for us to always have a joyful attitude
 - r. it is possible for us to be gentle with all people
 - s. and that is how we will live
 - t. that’s our way of showing love and thankfulness to the Triune God who loves us so very much

Concl: The peace of God guards your hearts and your minds. Because it does and because you know it does, let your anxiety go and let your joy show!