

Prescription for Peace

Chapter 9

Audio Lesson: New Testament #63



Objective: To understand the conditions for the peace of God.



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. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

– Philippians 4:6-8

You will keep in perfect peace him whose mind is steadfast, because he trusts in you.

– Isaiah 26:3

In Philippians 4, Paul gave practical advice – his prescription for Christian living – which centered on peace. Paul was talking about the peace of God, a state of peace in which God can keep us if we meet the conditions that He sets forth. Paul described twelve conditions for us to experience the peace of God in our lives.

First, do not worry about anything. Even though Paul was in prison, he could still urge us not to worry. Second, pray about everything. Third, think about good things. Control your thoughts instead of letting them control you. Fourth, Paul encouraged the Philippians to do the things they had learned from him. He said to do what they know and believe to be right.

The fifth condition for the peace of God was, do not question the value of the good you have done. Our good works may not be rewarded in this life but they will be in heaven. Sixth, be thankful. Paul had the choice to grieve over what he did not have or to thank God for what he did have, such as communion with Christ. We have that choice too. Seventh, be gentle. Accepting our circumstances as the will of God instead of fighting against them brings peace.

The eighth condition for the peace of God is to be patient. We have to learn to wait on the Lord. Ninth, remember the nearness of your Lord. The Lord always stands by us, even when others desert us. Tenth, find your joy in knowing Christ and growing closer to Him. Eleventh, value the approval of God, far above that of others. Twelfth, rest your hearts and minds in Christ, knowing that He can do what you cannot do.

1. True or False? Jesus came to bring world peace as well as our salvation.
2. True or False? In Luke 2, when Jesus was born, the angels promised peace to all mankind.



3. True or False? The peace of God requires believers to do certain things.
4. True or False? Isaiah 26:3 promises the peace of God to all.

Unless otherwise noted, choose one answer for each question.

5. Why do you think Paul wrote that we should not worry? (Choose all that apply)
 - a. Worry takes our focus off of God.
 - b. Worry robs us of the peace of God.
 - c. Worrying can change our circumstances.
 - d. Jesus told us not to worry.
6. Why should we pray instead of worry? (Choose all that apply)
 - a. God commanded us to pray.
 - b. Prayer can remind us that God is in control.
 - c. We can ask God for the grace to live through and glorify Him in our circumstances.
 - d. All of the above.
7. Why is being thankful so important? (Choose all that apply)
 - a. It gives us a chance to boast to others.
 - b. It helps us take our thoughts off the negative and puts them on the positive.
 - c. It reminds us of God's faithfulness to us.
 - d. It reminds us of what we do not have.
8. What are some things you can be thankful for even in difficult circumstances? (Choose all that apply)
 - a. The love of God and the gift of salvation
 - b. The blessings and faithfulness of God
 - c. The promise that the Lord will never leave you
 - d. All of the above

9. How can our thoughts help us have the peace of God? (Choose all that apply)

- a. We can think about good things.
- b. We can think about Jesus.
- c. We can remember God's faithfulness to us in the past.
- d. We can focus on how we can change our circumstances.

10. We often are tempted to do what is easy instead of what is right. Why does doing the right thing bring us peace? (Choose all that apply)

- a. Doing the easy thing always makes life better.
- b. Doing the right thing draws us closer to Him.
- c. Doing right helps build our faith as we trust Him to take care of us.
- d. Doing the right thing honors God.



Reread Philippians 4:6-8. Write down the things that are worrying you. Pray for each of them now, and ask for God's peace to fill your life. Ask Him to forgive you for not trusting Him and worrying. Ask Him to help you keep your mind focused on Him and to help you trust in Him. (Isaiah 26:3)

Why should we delight in the Lord? Why should our joy come first from just knowing Christ? What does your joy depend on?



Thank God for the gift of peace. Ask Him to forgive you for worrying. Ask Him to help you keep your mind focused on Him and to help you trust in Him. (Isaiah 26:3) Thank Him for all that He has given you. Ask Him to help you put into practice these conditions for peace.



Going Deeper

1. Since this “peace of God” is a state in which God can keep us continuously and it is very conditional, how do you apply each one of the twelve conditions for that peace, which could be called “A Prescription for Peace,” taught by Paul in this great chapter? _____

2. Explain which of these conditions is the hardest one for you to meet. _____

3. In the same way, which of these conditions brought you the most fruitful experience of the peace of God, when you met that condition? _____

4. What would it be like if you memorized these 12 conditions and then prayed through them every night before going to bed? _____

5. Describe how you think that pondering the eight positive things that Paul mentions (in verse 8) would contribute to your personal state of the peace of God. _____

6. How could you relate this experience to the peace of God profited by the Prophet Isaiah in Isaiah 26:3? _____

7. I challenge you to memorize and live with these 12 conditions for peace for one month and see what it contributes to your personal experience of the state of peace described as “the peace of God.” What are some of the ways you think your life will change as a result? _____
