

Searching the Scriptures / 59 / The Peace That Passes All Understanding / Part 4

Today we want to investigate these three points about God’s peace from Php 4:6-7:

- 1. Be Anxious for Nothing**
- 2. Prayer and Supplication with Thanksgiving**
- 3. Shall Keep Your Hearts and Minds**

Be Anxious for Nothing

In Php 4:6-7 we read, *“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”* In the 17 times that it is used in the New Testament, the Greek word for “careful” is translated a number of times as *“take no thought”* – in other words, Christians are not to be anxious or worried about anything. For example, we see this demonstrated in the account of Martha and Mary in Luke 10:38-42: *“Now it came to pass, as they went, that he [the Lord Jesus] entered into a certain village: and a certain woman named Martha received him into her house. And she had a sister called Mary, which also sat at Jesus’ feet, and heard his word. But Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me. And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things: But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.”* Martha was very worried about being a good hostess, and was “careful” (worried) and “troubled” (a word signifying uproar or tumult), but Jesus explained to her that her sister, Mary, had chosen that which was of supreme importance – to sit at Jesus’ feet and learn His Word. Oh, may God so compel us to recognize this comfort in the midst of our moments of anxiety and frustration – that we too, would rest at Jesus feet and learn from His blessed Word. That is the *“one thing that is needful”* for our lives.

Prayer and Supplication with Thanksgiving

Not only are we not to be worried, we also learn this from Php 4:6, *“... by prayer and supplication with thanksgiving let your requests be made known unto God.”* What is prayer and supplication? Prayer is merely talking to God and pouring everything out to Him. Col 4:2 instructs us to, *“Continue in prayer, and watch in the same with thanksgiving...”* Col 2:7 explains, *“Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving.”* The believer’s life is to be a constant overflowing of thanksgiving for all of God’s daily benefits to him, even as we follow the example set by the Master Himself in Heb 5:7, *“Who in the days of his flesh, when he had offered up prayers and supplications with strong crying and tears unto him that was able to save him from death, and was heard in that he feared...”* It truly is amazing that infinite God – the Creator of this universe and our Maker – would stoop to hear His children’s pleas, and yet we know that He does. 1 Pet 3:12 says, *“For the eyes of the Lord are over the righteous, and his ears are open unto their prayers: but the face of the Lord is against them that do evil.”*

Shall Keep Your Hearts and Minds

Let's read Php 4:6-7 again, *“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”* God has shown His eternal salvation to His people, as we learn from Acts 2:28, *“Thou hast made known to me the ways of life; thou shalt make me full of joy with thy countenance.”* And because of that assurance, Christians are to bring their concerns and petitions before the throne of Grace constantly. Even though God knows our requests even before they enter our mind, we are to express them to our Heavenly Father. In doing so we realize afresh our absolute dependency on Him for every physical and spiritual need of ours, remembering, the Lord's faithfulness and goodness, as seen in Jam 1:17, *“Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.”* No matter how great our need, His inexhaustible grace is ever sufficient, plenteous, and overflowing as a mighty river. It will never run out and will always be there. As the Christian learns to depend and rely more and more on God and to rest in Him alone, he finds the peace that Isa 26:3 speaks about, *“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”*

May God give us His peace if we do not know Him today; and if we do, may He give us a greater and abiding trust to rest in His grace, in His strength, and in His power as He graciously works in us both to will and to do of His good pleasure.