



# CAPITOL COMMISSION™

## Peace in the Midst of Trouble

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**The Epistle of Paul to the Philippians** (60-62 A.D.), Paul is imprisoned (one of four Prison Letters, the others being Ephesians, Colossians and Philemon) in Rome addressing the established Christian (mostly Gentile) church in Philippi, the first founded by Paul in Europe. In this letter, Paul, having a fondness for the people of the church of Philippi, because of their faithfulness and generous nature, wanted to thank them for their gifts, letting them know why he was returning Epaphroditus to them, sharing his situation in prison, urging unity in church, and warning them against false teachers. While false doctrine had started to plague many of the churches, he wanted to provide encouragement for practical living and support for sound doctrine. While much of the letter deals with spiritual growth, the tone throughout is that there is joy in Christ and Paul rejoices in Christ being proclaimed regardless of his circumstance and that they also must conduct their lives, suffer, press on and live in harmony in and for Christ. (Php 4:6-7 NASB)

*“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” (4:6)*

**Prayer, the fix for anxiety.** Paul shares with the believers in the Philippian church that they should never be anxious. Anxiety can be defined as; experiencing worry, uneasiness or nervousness. Worry and anxiety does not accomplish anything, but prayer does. Paul tells the Philippian believers to worry about nothing and pray about everything.

*“The effective prayer of a righteous man can accomplish much.” (Jas 5:16)*

Paul continues to describe that the way to peace is through consistent and constant prayer with a thankful heart to God. The peace of God comes from prayers to God that communicate our earthly needs and thanks Him for His protection, provisions and presence. There is power in prayer.

*“And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.” (4:7)*

**Receiving peace that surpasses all human understanding.** God is a believer’s power. Paul shares that inward peace is given to the believer when they pray transparently and thankfully. True prayers come from the heart and not the lips. God hears and answers prayer from His children and answers those prayers in a manner that is best for the believer and not in a way that necessarily mirrors the request of the believer. This peace is a peace that exists regardless of the way that God answers prayers. God will guard and protect the believer’s heart and mind through and in Christ Jesus and provide peace to their souls.

*“Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ,” (Rm5:1)*

There is no peace in an unbelieving heart. Peace with God is the result of faith in Christ.

### For Your Consideration:

- Do you find yourself anxious or worried about something and turn immediately to prayer with thanksgiving?
- Have you truly put your faith in Jesus Christ and trust that God will answer your prayers in a manner that is best for you on all occasions?
- Have you experienced God peace that surpasses all human understanding?

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### BIBLE STUDIES

LEGISLATORS: SESSION OR HEARING WEDNESDAYS AT 7:30AM, STATEHOUSE RM. 44

STAFF, LOBBYISTS AND CAPITOL SQUARE COMMUNITY: WEDNESDAYS AT NOON, STATEHOUSE RM.44