



2. PRAY UNTIL THE PEACE COMES

Philippians 4.4-7

Key Points :

When life is uncertain, God is not. But, in uncertain times, peace can often be hard to find. Throughout history, whilst the world has desired peace, it has so often resorted to war. Paul's message to the Philippians is that **the key to finding peace amidst uncertainty is prayer**. But in order to find peace through prayer it is important to have the right attitude of mind.

Paul says there are two things we need to do in preparation. The first is to **rejoice**. The second in Verse 5 is to **show your "gentleness"**. It's a difficult word to translate. The Greek is "epieikeia". Moderation. Forbearance. Patience. Magnanimity.

Without these two, we won't have the right attitude to pray until the peace comes remembering that, "The Lord is near".

God is in control. We need to remember that it is not us but God who has the whole world in His hands. And as we do so and seek God's will, we should persist – prayer isn't a one off process. It is a continuing relationship with Jesus, a life of conversation, for he is always near.

Questions:

Conversation Starter

1. Do you find it uncertainty unsettling, preventing you from being at peace with life? What helps you find a more peaceful state of mind?

Start thinking

2. Why might prayer be difficult sometimes?

Start sharing

3. What has brought most joy to you in your life? Could reflecting on those times and thanking God for them bring you a different attitude of mind? Do you spend more time considering your anxieties and regrets? Why?
4. When we feel we have been hurt or unfairly treated, do our attempts to put it right and recover what we have lost give us peace? Do you think people sometimes punish themselves more by endlessly pursuing their rights and seeking "justice"?
5. Are there times when we try too hard to be in control, rather than leaving it to God?

Start praying

6. Start Praying: God, help me to rejoice in what life has brought me. Help me to show an attitude of forbearance and magnanimity and my joy to others as a witness.

Start doing

7. In small groups, or as a whole, spend time praying for one another to rejoice that the Lord is near and that we can find lasting peace through prayer to Him.