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Philippians Chapter Four

4: 1-23



In his commentary on *Philippians: Be Joyful*, Warren Wiersbe writes that **worry** is the worst thief of all. How many people have been robbed of peace and fulfillment because of **worry**? In fact, **worry** even has physical consequences. And while medicine can remove the symptoms, it cannot remove the cause. **Worry** is an “inside job.” You can purchase sleep at the drug store, but you cannot purchase rest. If **Paul** had wanted to worry, **he** had plenty to worry about. **He** was a political prisoner facing possible execution. **His** friends in Rome were divided in their attitudes about **his** case. **He** had no mission board supporting **him** and no Legal Aide Society defending **him**. But in spite of all these difficulties . . . **Paul** didn’t **worry**!

These, then are the four thieves that rob us of our **joy**: **circumstances** (to see [link click Ai - Philippians Chapter One](#)); **people** (see [Ar - Philippians Chapter Two](#)); **things** (see [Be - Philippians Chapter Three](#)); and **worry** here in **Chapter Four**. How do we capture these **thieves** and keep **them** from taking away the **joy** that is rightfully ours in **Messiah**? Worry is actually wrong feeling (**the heart**) and wrong thinking (**the mind**) about **circumstances**, **people**, and **things**. Ours is a battle of the mind and heart, **the Ruach Ha’Kosesh** inspired **Paul** to tell us: **Don’t**

be anxious (worry) about anything, but in every situation, by prayer and petition, with thanksgiving, present [our] requests to God. Then God's shalom, passing all understanding, will keep your hearts and minds safe in union with Messiah Yeshua. Therefore, 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 (4:6-8).

Chapter 4 describes the spiritual resources we have: **ADONAI's peace (4:1-9)**, **ADONAI's power (4:10-13)**, and **ADONAI's provision (4:14-23)**. With resources like these, why should we **worry**? We have **the peace of God** to guard us **(4:7)** and **the God of peace** to guide us **(4:9)**. **The peace of God** comes to us when we practice right **praying (4:6-7)**, right **thinking (4:8)**, and right **living (4:9)**. This is **God's** secret for victory over **worry**.¹⁶¹