

## The Peace of God that frees you from the power of the world

Imagine living in a world where you are no longer caught up in its struggles and conflicts, where your heart and mind are untouched by the turmoil and violence that seem to define everything around you. This is the peace of God, as described in Philippians chapter four—a peace not just felt in the heart but lived out in the world. It's a peace rooted in grace, completely apart from the chaotic systems of the world.

**Philippians 4:4-7 (KJV)** *"Rejoice in the Lord always: and again I say, Rejoice. Let your moderation be known unto all men. The Lord is at hand. 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 Philippians 4, Paul begins with a command: *"Rejoice in the Lord always."* He's not calling for fleeting happiness but pointing to something much deeper. Our focus today is on verse seven: *"And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."* This peace is not a mere feeling of calm; it is a state of being—living in alignment with God's grace, which allows us to rise above the world's struggles.

But what does it truly mean to have your heart and mind guarded by God's peace? In our everyday lives, we desperately need this peace. The world often feels like it's running away with our hearts and minds, pulling us into its constant conflicts, anxieties, and divisions. We are bombarded with news, social turmoil, and personal challenges, which threaten to steal our sense of security.

However, Paul offers a radically different approach: *"Rejoice in the Lord always; again, I say, rejoice."* This isn't a blind optimism or an escape from reality. It is a declaration that, despite the world's turmoil, we live from a different place—God's

kingdom, where His grace reigns. The world's system tells us to hate our enemies, to remove obstacles by force, and to divide. But the peace of God reminds us that all are recipients of grace. We no longer look at those who oppress us as hated by God, but as people God desires to save.

The key is found between verses four and seven. Verse five tells us: *"Let your gentleness be evident to all. The Lord is near."* This is about more than just keeping calm—it's about living in a way that reflects God's grace to everyone around us. The Lord's nearness changes everything; it invites us to a life of humility and gentleness, rooted in the knowledge that God is in control.

Verse six builds on this: *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."* We are no longer anxious or worried because we have a place to bring our concerns—before God Himself. This prayer isn't about us; it's about lifting up others, especially those who might cause us pain. Through prayer and supplication, we align ourselves with God's grace, trusting in His larger plan for the world.

At this point, Paul connects the dots for us. When we live in this way—rooted in grace, gentle toward all, and praying for others—the peace of God, which surpasses all understanding, will guard our hearts and minds. The turmoil of the world cannot take hold of us because we are no longer living in its system. We are living in the peace of Christ, where the grace we have received extends to all people, even those we struggle with.

**1 Timothy 2:1-4 (KJV)** *"I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty. For this is good and acceptable in the sight of God our Saviour; Who will have all men to be saved, and to come unto the knowledge of the truth."*

To clarify how this works practically, let's look at 1 Timothy 2, where Paul writes: *"I urge, then, first of all, that petitions, prayers, intercession, and thanksgiving be*

*made for all people—for kings and all those in authority—that we may live peaceful and quiet lives in all godliness and holiness.”* This echoes what Philippians teaches us about letting our moderation be known to all men. The peace of God leads us to pray for others, not only for our friends and allies but also for those who oppose us or hold authority over us.

When we pray for others, especially those in power or those who cause us trouble, we are living out the peace of God. We recognize that God desires all to be saved and come to the knowledge of the truth, as 1 Timothy 2:3-4 says. This peace isn't passive; it is an active rejection of the world's turmoil, choosing instead to live in grace. We no longer fight with the weapons of the world—hostility, anger, and division—but with prayer, humility, and thanksgiving.

Peace, in this context, is not merely personal. It is harmony between Jew and Gentile, rich and poor, the oppressor and the oppressed. It is a reflection of God's overarching desire to save all people. Even under the heavy hand of Roman oppression, early Christians were called to live in this peace. Despite high taxes, political instability, and societal conflict, God's peace was a reminder that Jesus came for all people—not just for those we consider worthy.

This peace transforms how we see the world. We no longer view those who cause us harm as enemies but as people whom God desires to redeem. We respond not with anger but with prayer, trusting that God's grace is big enough for them too. As we rejoice in this truth, the peace of God guards our hearts and minds, freeing us from the anxiety that comes from the world's struggles.

So, how do we live in peace in a world full of turmoil? By recognizing that those who cause the turmoil are loved by God just as much as we are. Jesus died for them, too. He desires their salvation, and we, in turn, pray for them, lifting them up before God. This doesn't mean we are passive or silent in the face of injustice, but it does mean that we choose a path of grace rather than one of retribution.

This is the peace that Paul speaks of—the peace that surpasses all understanding. It is not contingent on the world changing around us but on God's grace changing us from within. As we pray for others, trust in God's plan, and live in His grace, our

hearts and minds are guarded by this peace. We are no longer captive to the world's turmoil but live from the security of God's kingdom.

In Philippians, Paul teaches that Jesus was given for all. Therefore, we rejoice in the Lord and live gently toward others, praying for those in authority and those around us. This understanding of God's grace guards our hearts and minds, allowing us to live in peace, no matter what is happening in the world.

In conclusion, making our requests known to God is not just about asking for personal blessings or relief from difficulty. It's about lifting up those around us, especially those who may challenge us, and trusting that God's grace is sufficient for them too. This is how the peace of God guards our hearts and minds—by freeing us from the world's conflicts and rooting us in the grace of Christ.