



The Peace That Guards

A Scripture guide through Philippians 4:4–9

“And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4:7 (ESV)

When anxiety presses in, God does not leave us to find our own way. He calls us to rejoice in Him, bring our requests to Him with thanksgiving, set our minds on what is true, and practice what we have learned. These are not steps to earn His favor. They are ways we depend on Him.

Read the entire passage, Philippians 4:4–9, in your Bible before beginning. Return to it as often as you need.



Rejoice in the Lord

PHILIPPIANS 4:4 (ESV)

“Rejoice in the Lord always; again I will say, rejoice.”

Paul does not tell us to rejoice in painful circumstances or to pretend they are good. He tells us to rejoice in the Lord. His character, His promises, and His faithfulness do not change when our circumstances do. Rejoicing is a deliberate turning of our attention to Him.

Reflect in God’s Word

What are you finding hardest to rejoice through right now?

What do you know from Scripture about the Lord that remains true in this circumstance?

How can you choose to rejoice in Him today without pretending that your circumstances are easy?



Bring Everything to God

PHILIPPIANS 4:5-6 (ESV)

“Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

The Lord is at hand. Instead of allowing anxiety to have the final word, God commands us to bring our concerns to Him in prayer, with specific requests and thanksgiving. This is not a one-time technique. It is a repeated practice of dependence. We remember who He is, thank Him for His faithfulness, and entrust to Him what we cannot control.

Reflect in God’s Word

What concern have you been carrying as though its outcome depends entirely on you? What are you trusting?

Write a specific request to God and name something true about Him for which you can give thanks.



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PHILIPPIANS 4:7 (ESV)

“And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

God promises His peace will guard our hearts and minds in Christ Jesus. This does not mean anxious thoughts can never return or that we will always feel calm. It means our confidence rests in Christ, not in our ability to control what happens next. When fear returns, we return to the Lord in prayer and thanksgiving. We depend on the One who remains faithful.

Reflect in God’s Word

When anxious thoughts return, what do they reveal about where you are placing your trust?

How does being in Christ change the way you bring these thoughts before God?

What truth from Philippians 4:4–7 will you return to this week?



Think on What Is True

PHILIPPIANS 4:8 (ESV)

“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.”

The problem is not that a hard circumstance enters our thoughts. We must often face hard things honestly. The question is what we dwell on. Do we rehearse imagined outcomes, or return our minds to what God has revealed as true? Scripture calls us to discipline our thoughts and intentionally consider what is worthy of praise.

Use the verse as a guide

True: What do I know from God’s Word, rather than from fear or speculation?

Honorable and just: Am I thinking fairly and truthfully about others?

Pure, lovely, commendable: What can I rightly thank and praise God for today?

Excellent and worthy of praise: What reflects His goodness and calls me to faithful action?

One thought I need to stop dwelling on, and a truth from Scripture I will return to:



Practice These Things

PHILIPPIANS 4:9 (ESV)

“What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.”

Paul calls believers to practice what they have learned. Obedience is not how we earn God’s presence; it is part of living by faith in His Word. Even when it is difficult, we choose to obey. We pray again. We give thanks again. We redirect our thoughts again. God grows us as we continue to depend on Him.

A simple inventory

Rejoice: What is true about the Lord that I will remember today?

Pray: What specific request will I bring to Him?

Give thanks: What evidence of His faithfulness can I remember?

Think: What truth will I deliberately dwell on?

Practice: What one act of obedience will I choose this week?

Grace and peace to you, in whatever season you are in. — Keri

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