

IT IS WELL WITH MY SOUL

Philippians 4:4-9 NIV

4 Rejoice in the Lord always. I will say it again: Rejoice!

5 Let your gentleness be evident to all. The Lord is near.

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers and sisters, 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.

9 Whatever you have learned or received or heard from me or seen in me—put it into practice. And the God of peace will be with you.

Philippians 4:4-9 The Message

4 Celebrate God all Day, every day. I mean, revel in him!

5 Make it as clear as you can to all you meet that you're on their side, working with them and not against them. Help them see that the Master is about to arrive. He could show up any minute!

6 Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns.

7 Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

8 Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious - the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.

9 Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.

- 1.** How are you currently handling the stress and pressure our world is putting on you today? Are you at peace? What are some steps you are taking or utilizing that are working well for you today to find peace?

Let's discuss some steps that may work so we can find peace, but more so peace in Christ.

5 Steps to Find Peace

By Paul Dean

1. Adjust your Focus

The first thing you have to do to find true inner peace is to focus on God instead of your situation. That's easier said than done, but that's what Paul means when he says, "Rejoice in the Lord always. Again, I will say rejoice" ([Philippians 4:4](#)). He's not saying that we're happy about what we're going through; he's not even saying to rejoice in our difficulties. He's saying rejoice in the Lord, and that's something altogether different.

Biblical joy is the knowledge that God is in control of your circumstances and allows only that which is good for you into your life ([Romans 8:28](#)). That's why James says to consider it joy when a trial comes your way ([James 1:2](#)). It's not that the trial brings joy; it's what God is doing for us through the trial; His good work is coming into our lives. Because we know that, we consider the trial joy; we rest in the Lord. In essence, we worship Him. That's what Job did when he lost his possessions and his family; he said, "Blessed be the name of the Lord" ([Job 1:21](#)).

2. Work to Serve Others

But that's only the beginning; we can't stop there because Satan and the flesh have a way of coming back to bite us. From our focus on God, we must literally engage in serving others. Paul says, "Let your gentleness be known to all men; the Lord is at hand" ([Philippians 4:5](#)). As you rejoice in God, that should move you to then focus on others. Let your gentleness, kindness, patience, and heart be known to others. How can you do that? Paul says the Lord is at hand; God is near and will help you.

And it's not just that God wants you to serve others in the midst of your trouble. It's that He knows our weakness. Our tendency will be to focus on ourselves and spiral down into despair. But if we focus on others, we'll be distracted and not have time to spiral down. More than that, **we'll derive a certain joy and peace in serving others before the Lord.**

3. Give Your Pain to God Through Prayer

Now, that's well and good. But what happens when we're alone or when it's time to go to bed? We have to give our trouble to God through prayer. I remember tossing and turning one night as my mom was to have open heart surgery the next day. I couldn't get any peace. I did remember God's Word though: "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made

known to God" ([Philippians 4:6](#)). Well, that's what I was doing; I was praying over and over again but I still couldn't get any peace or sleep!

And then I realized; I was praying like the pagans do ([Matthew 6:7-8](#)). I was worried if I didn't say just the right thing, mention every possible problem, or pray with just the right attitude, that God wouldn't hear my prayers. When I realized what I was doing, I simply gave it to the Lord. That's why He says to pray; He means for us to tell Him what's burdening our hearts and give it to Him so we can rest. He gives us permission (and commands us even) to stop thinking about our problems and let Him deal with them. When we do that, He gives us the peace. When I did that, I went right to sleep. If we pray and leave our burden with God, "the peace of God, which surpasses all understanding, will guard [our] hearts and minds through Christ Jesus" ([Philippians 4:7](#)). God's peace, like a Roman soldier, will guard our hearts and minds so that no troubling thing plagues us.

It doesn't work! That's what we say when we're filled with worry, fear, or despair. The truth is we can't take any one of these things without the other. Each of the things we're talking about forms a whole. God is telling us what to do in the midst of a troubling state of affairs. He's telling us to focus on Him and others; to think about Him, to pray to Him, and to think about Him again. It's not enough to pray. Once we pray, Paul says we're to force ourselves to think about the things of God and not what's bothering us. It's not easy; that's why it's called a battle. **But the way we fight is to change what we're thinking about.**

4. Don't Dwell on Your Circumstances

You might say certain thoughts plague you because you're in a long-term dilemma that seems never ending. Yes, but you don't have to dwell on the difficulties. Reorient the focus of your thoughts. Paul says, "Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy – meditate on these things" ([Philippians 4:8](#)).

Take it one step further. The more you meditate on the things of God, as Paul says, the more you'll know God and His ways. You'll know that He is indeed working these things for good in your life. You know that "the Lord God is a sun and shield; the Lord will give grace and glory; no good thing will He withhold from those who walk uprightly" ([Psalms 84:11](#)).

5. Don't Give Up

But there's one more thing. You've moved your focus from your troubles to God and others. Paul says now to make sure you keep doing that. Keep doing the things God has told you to do. "The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you" ([Philippians 4:9](#)). If you do what God is teaching you to do, you'll have peace. And don't overlook the nuance of what Paul says here. Earlier, he said that the peace of God will guard your heart. That's true; that's what we want. But here he says the God of peace will be with you. That's even better! You get peace because you have the God of peace walking with you through the fire.

Jesus was with Shadrach, Meshach, and [Abednego](#) in the fiery furnace, and He'll be with you in your fiery furnace as well ([Daniel 3:25](#)). They were at peace even though they didn't know whether God would actually keep them alive or not ([Daniel 3:17-18](#)). All they knew was that God was with them and would see them through one way or the other. And that's what you need to realize; God is with you and will see you through one way or the other. And that's not resignation or defeatist. That's confidence. God has a plan for you and it's good. **You walk with Him because He's walking with you. That's how you get peace in a really bad situation.**

When peace like a river, attendeth my way,
When sorrows like sea billows roll
Whatever my lot, thou hast taught me to say
It is well, it is well, with my soul

It is well
With my soul
It is well, it is well with my soul

Though Satan should buffet, though trials should come,
Let this blest assurance control,
That Christ has regarded my helpless estate,
And hath shed His own blood for my soul

It is well (it is well)
With my soul (with my soul)
It is well, it is well with my soul

My sin, oh, the bliss of this glorious thought
My sin, not in part but the whole,
Is nailed to the cross, and I bear it no more,
Praise the Lord, praise the Lord, o my soul

It is well (it is well)
With my soul (with my soul)
It is well, it is well with my soul

It is well (it is well)
With my soul (with my soul)
It is well, it is well with my soul

