

A PATH  
TOWARD  
*Peace*



*A Scripture-based framework  
to overcome your anxiety*

# A PATH TOWARD *Peace*



Although this part of scripture was written by Paul to the Christians in Philippi 2000 years ago, there are so many important principles and practical applications we can glean from it today. You may have heard or read these verses many times, but I encourage you to look at them with a fresh perspective. Regardless of our level of spirituality or religion, putting some of these disciplines into practice can take us down a path toward peace...

## Philippians 4:4-9

### VERSE

### APPLICATION

V4

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

We can't always choose our circumstances, but we can always choose our attitude.

Center yourself by turning your focus back to God and reminding yourself of His Goodness and Truth. Ideas: listening to a sermon, reading devotionals, writing out a truth you know (like Rom. 8:28) on a note card, putting it where you can see it & repeating it every time you walk by.

V5

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

Gentleness is one of the Fruits of the Spirit. These are "of the Spirit," and we need Him to fully live these out. If you are a believer, you have the Holy Spirit inside of you.

There is no more important time to tap into the Spirit than when you are feeling not enough, ill-equipped, worried, stressed or fearful. Who do you need to offer gentleness to today? Your spouse, children, coworkers, leaders?

V6

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

When we feel anxious, it can paralyze us, leaving us feeling out of control. Thankfully Paul tells us what to do with our anxiety in this verse.

To shift your prayer posture, start or end your day by opening to a fresh page in a notebook or journal, or even just saying the following aloud. Start with the word gratitude and write or say three unique things you are grateful for that day. And then say or write out your prayer requests for yourself and others.



## VERSE

V.7

*"And the peace of God, which transcends all understanding, will guard your hearts and your mind in Christ Jesus."*

We can have the peace of God...you know the peace that transcends beyond our human comprehension...the peace that keeps us from getting swept up into the worries of the world.

V.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."*

There is so much noise in the world. We have a choice of what we choose to allow in our minds. We also have a choice about what we think about.

V.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."*

Paul instructs us to actually put these principles and ideas into practice. We know from James 1:22 that we aren't just to read the words of God, but we are to be doers of the Word.

## APPLICATION

Notice the word "And" at the beginning of this verse. The to-do? Put into practice what you learned in the previous verses, AND we can have access to that incomprehensible peace that comes from God. This doesn't mean "rejoice+be gentle+pray=peace." It means, we can choose to be faithful with these things and then we have to leave the rest up to Him.

First, think about what you think about. How much of it falls into one of the categories listed in this verse? When you catch yourself not thinking of these things, it's making an intentional mindset shift and choosing to refocus your mind onto something right...pure...excellent...lovely. Going back to your gratitude list is a great first step for this type of mindset work.

Applying what is in the previous five verses takes time and discipline, but it's so worth it. You may not feel like it each day, and offer yourself that grace on days you don't follow through, but every day you do it, is one more day getting to know God, His purpose and plan for you, and more about His immense love for you. What do you have to lose, but more importantly, what do you have to gain?

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### *about the author*



Nicole Fryling, MA, LLC counsels women who feel anxious, overwhelmed and stuck, and those wanting to be empowered to create peace, joy and fulfillment in their lives. She does this by blending together proven psychological tools and techniques with the therapeutic framework Scripture provides. Of all the hats Nicole wears (wife, mother, counselor, business owner), Nicole's favorite is her beach hat!

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\*\*If you find yourself struggling with anxiety that feels out of control, please reach out. This handout does not replace counseling but is designed to be a supplement.