

Title: **How Do I Find Lasting Peace in an Anxious Age?**
Text: **Philippians 4:5-7**
Date: **April 27, 2025**

Find the sermon manuscript to follow along with online at mercyhillchurch.org.



Big Idea

How do I find lasting peace in an anxious age? Have you ever wondered that? No doubt you have. Life is hard. There's much to be anxious about. Yet still we long for peace—peace that's not just momentary, but that lasts. We make, it seems, one failed attempt after another in our effort to find it. But, at last, we come to see that, in Jesus, lasting peace has actually come down to find us!

1. Anxious Age

According to data from the U.S. National Survey on Drug Use and Health, since 2010 the percent of U.S. adults reporting high levels of anxiety has increased some 52% for those aged 35-49, 103% for those aged 26-34, and a staggering 139% for those aged 18-25. If you noticed, the numbers jump up by generation, with the steepest of increases coming for the youngest among us (cf. Jonathan Haidt, *The Anxious Generation*, 27).

2. Lasting Peace

Our First Attempts . . .

- Attempt #1: Just Take It

With this, I'm referring in particular to the way we are often, in our pursuit of peace, inclined to turn to pills, medicine, vitamins, supplements, herbal remedies, etc. in an effort to fix what's broken in our hearts and in our minds. Just take it . . . and you'll feel better.

- Attempt #2: Just Believe It

If, in the first attempt we're tinkering with chemicals and biological matters, now we're tinkering with our thoughts and our beliefs. Here is where we recognize that a lot of times the way we're feeling is connect to and flows out from the way we're thinking and the things we're believing. So we try to change that to get peace.

- Attempt #3: Just Get It

Now, in this third attempt, we're tinkering with our circumstances and our situation. If we can just get things right around us, we'll have peace within us.

- Attempt #4: Just Do It

Here is where we are looking to our accomplishments, our performance, to attain peace. We think if I can become that, if I can climb that, if I can win that, achieve that, earn that—if I can "just do it" . . . then I'll have peace.

Our Last Resort: Jesus

- Observation #1: It Finds Us in Our Anxiety (Phil. 4:5)

With every other attempt it's the other way around. We're trying to find peace. We're off looking for it. It's exhausting. It's depressing. But with Jesus, peace comes to find us. He draws near. He comes close. He's "at hand."

- Observation #2: It Brings Us Back to Reality (Phil. 4:6)

We think that the key to getting peace is getting more control. But it actually comes from letting go of control—from finally admitting we never really had all that much of it in the first place. I'm *not* God. I *need* God.

- Observation #3: It Connects Us to Jesus' Victory (Phil. 4:7a)

When Jesus says "It's going to be okay," he's not giving us a rope without an anchor . . . he's giving us a rope tied off to himself. My peace has an anchor, and his name is Jesus.

- Observation #4: It Guards Us on into Eternity (Phil. 4:7b)

You're being guarded, not just by peace in general, but by the Prince of Peace. Peace isn't located merely in your heart or your mind. It's a Person outside of you, keeping watch on you.



Reflection Questions

- How has your experience of peace been lately? Where have you been anxious and afraid?
- Which of the four attempts identified this morning are you most tempted towards? Why? What would it look like for you to turn to Jesus instead?

W
E
L
C
O
M
E

SCAN TO FILL OUT A



CONNECTION CARD

Give online at mercyhillchurch.org/give or text any amount to 84321 and follow the prompts.

Our Mission & Values

Mercy Hill Church exists to help restore us to God, neighbor, and city through the good news of Jesus Christ.

FAITH: The Way Back to God | We are redeemed to enjoy intimate presses our church *upwards* in love

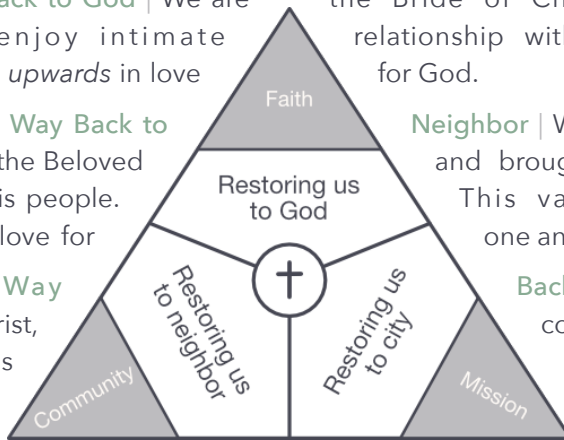
the Bride of Christ, created and relationship with him. This value for God.

COMMUNITY: The Way Back to Christ, adopted in the Beloved relationship with his people. church *inwards* in love for

Neighbor | We are the Family of and brought into covenantal This value presses our one another.

MISSION: The Way the Embassy of Christ, Savior to be his value presses our in love for the

Back to City | We are commissioned by the ambassadors. This church *outwards* unbelieving.



Your Next Steps

When approaching the Christian faith and life, it can be confusing to know where to even begin. Come find us at the Next Steps Table after the service—it would be our joy to help you along in the journey! And if you're a visitor, we have a special gift bag for you. Don't miss it!



Mail: PO Box 23806, San Jose, CA 95153
Phone: (408) 320-7080
Email: info@mercyhillchurch.org
Web: mercyhillchurch.org



Welcome to Mercy Hill Church.
We are so glad you've joined us today!

Announcement Spotlight

Sunday Prayer Walk - Today!

We will be gathering after service today at 1:00pm to do a prayer walk in the local neighborhood! So grab a quick lunch and consider joining us to pray for our neighboring community, as we hope to have the opportunity to share the gospel with those who are open and ready to engage. We'll have a brief time before the prayer walk to discuss what to pray for, so we invite anyone regardless of experience to join and learn.

If you have any questions, feel free to reach out to Chris Keener at cmkeener2@gmail.com.

Post-Missions Emphasis Week - What's Next?

All Church Campout: Save the Date (6/20-22)

Scan the QR code below for more info!

For clickable content and more announcements,



scan this code to head to our Communications Hub!

Or find it online at mercyhillchurch.org/communications-hub.