



2024 Focus: Committed to Executing the Word

James 1:22

Rev. Dr. Addis Moore, Senior Pastor

“Letting Go And Moving Forward”

Philippians 4:6-7 NKJV

This verse looks back and forward. It looks at what we should not be doing and it gives us directions for what we should be doing. This scripture represents the best God has for us. It recognizes that in our lives we have real problems, but it also gives real solutions to those problems. And more importantly, it shows us how to receive God's best.

- 1) **Acknowledge the problems – (v6a)**: Be anxious for nothing means don't worry about anything. Don't worry about anything is a command from God, not a suggestion. We lose the joy of living in the present when we worry about the past. It is a command and not optional. It is not something that is just nice to do. It calls for habitual continual practice in the life of the believer. It's a matter of obedience.

The word "don't" means to stop doing something, implying that you are already worrying. Worry in this text means to choke or strangle; to harass by biting, tearing, or snapping especially at the throat. It is persistent nagging to afflict mental distress or agitation. The command to stop worrying comes with divine enablement – *Philippians 2:13*.

- 2) **Anticipate God's help – (v6b)**: That means we are to expect God's help – *Psalms 46:1*. The believer can expect God's help because of our relationship to God – *Matthew 7:11*. The verse says but in everything by prayer and supplication with thanksgiving let your request be known to God.

Prayer in this verse means to adore God (recognize truly Who God is); be devoted to God (loyal and faithful to God), and worship Him (expression of reverence). Because of our relationship with God, He invites us to pray to Him – **Jeremiah 33:3**. Prayer means that we anticipate or expect God's help. Supplication shows that we expect God to help. It means to keep it up; over and over again. It's the forward look of faith, knowing God is going to do it. Not because I see it, but because God said it. Because we know God is going to help, we thank Him.

- 3) **Accept God's Power (v. 7)**: The peace of God in **verse 7** is God's power. God's peace represents His presence, so God's power is always active. God can never be present and not be active. It changes situations and circumstances. This peace is not the absence of problems but reflects divine sufficiency in the midst of problems. God's power is also an armor of protection – **Ephesians 6:10-11**. **Verse #7** says it will guard our hearts and minds. The heart is man's center where thoughts and afflictions flow. Mind is where you perceive and process what you see. Once we have the peace of God our heart and mind is automatically protected by the armor of God.

The protection is only available through Jesus. Once we accept Jesus as the Lord of our lives and follow His commands, we have God's power when we accept Jesus we have accepted God's power.