

## When in a Fix Remember Philippians 4:6..

Philippians 4: 4-9..

- We are in a fix at the moment... the whole world is in a fix with the Coronavirus running rampant amongst most countries of the world. Unemployment, illness, overloading hospital capacity, loss of income... What do we do?

1. Seek our Lord \_\_\_\_\_ Philippians 4:4...

*Rejoice in the Lord always. Again I will say it again: Rejoice .. vs 4..*

- It was good to hear our Prime Minister Scott Morrison say the other day as he addressed Parliament... . *"I can assure you my prayer knees are getting a good work out"* For the follower of Jesus prayer should be first port of call. Scott is not the only world leader who has asked for help from the Almighty

*"When in a fix remember Philippians 4:6"...*



*I can assure you,  
my prayer knees  
are getting a good  
work out...*

Scott Morrison... Prime Minister of Australia

- Abraham Lincoln, whom many consider as the greatest President of the United States after taking office was immediately faced with the Civil War. He had incredibly difficult decisions to make as his fellow country people fought against each other. *"I have been driven many times upon my knees by the overwhelming conviction that I had nowhere else to go. My own wisdom and that of all about me seemed insufficient for that day"*. Abraham Lincoln
- In coming to know our Lord we can experience His peace, His presence, His hope, His direction and guidance if we seek it.. So we can indeed rejoice.. *"Rejoice in the Lord always"*.. What about each of us .. When we face a crisis do we seek our Lord first or just rely on our own strength?
- There is no greater joy than knowing and following Jesus. John 10:10. .. This gives us so much to rejoice about even in difficult circumstances. The Holy Spirit is our Comforter, even in self-isolation when we may feel alone, God is still with us.
- There is nowhere that we can be where God is not. *For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.* Romans 8:38,39

2. Altruism.. look for ways to benefit \_\_\_\_\_ vs 5.

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

- We are to be gentle, reasonable, fair minded , respectful considerate and charitable. Look for ways to benefit other people.. eg *"Would you like some toilet paper?"* asked the young neighbour who had just pressed the doorbell. *"We have enough and thought you might need some."* .
- The toilet paper was gratefully accepted. That act of kindness would be remembered for a long time. ... *"Let your gentleness be evident to all. The Lord is near"*..

- In the midst of this coronavirus let's commit ourselves to doing random acts of kindness for people around us, perhaps sending a text message or a card to someone in "self isolation", or offer to pick up shopping from the local supermarket or give some chocolates or home made biscuits to someone going through a hard time.

3. Pray about \_\_\_\_\_ vs 6...

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

- Whenever God tells you to eliminate something—ie worry—He always has something superior to put in its place —ie prayer. Paul is saying, don't panic -- pray. If you stopped worrying, realize how much free time you'd have. Pray during that time.
- Worry is not good for us... "Died of worry" could be written on many tombstones... Many people in our hospitals are there because of worry .. What is worry? The word "worry" comes from μεριμνάω .. it is a combination of two words meaning "to divide" and "nous" meaning "mind" = "divide the mind"
- The worrier robs himself of peace of mind by dividing the mind. Worry divides the feelings, therefore the emotions lack stability. Worry is the greatest thief of joy. Worry divides the understanding, therefore convictions are shallow and changeable
- Worry is like the mule who stood between two haystacks and starved to death trying to decide which stack to eat from.. So instead.....



I Peter 5:7: "*Cast your cares on Him because He cares for you*".. Take our problems to the Lord, pray about everything instead of worrying. Unload them! Prayer is a tremendous safety valve release of pressure. Remember the acronym A.C.T.S...

4. A wonderful \_\_\_\_\_ vs 7...

*And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. V3 7.*

- There is a promise of peace of mind. People are looking everywhere for peace of mind. They try pills, fads, therapy, rock crystals, yoga.. There is just one source of real peace... Jesus... *My peace I leave with you.. John 14:27..*
- How do I maintain that kind of peace? Yes, we need to plan and pray and seek opportunities to serve Jesus .. But there is just one source of peace...
- Paul is not talking about a religion; he's talking about a relationship with God's Son Jesus Christ. Only as we follow and obey Jesus can we gain peace and have Someone to pray to and hand our worries over to. Only in following Jesus can the "God-shaped vacuum" in our lives be filled, our sin be forgiven and we can gain peace, hope & purpose and an eternal home in heaven.... The ABC of the gospel..