



THINK ON TRUTH

READ PHILIPPIANS 4:4-20

We are not the first Christians to be isolated and under orders not to leave our homes. At the end of his ministry, Paul was under house arrest in Rome. He was isolated, his movements were restricted, and he had limited contact with the outside world. But he used that time to write to the church in Philippi and remind them of this truth—that God is the one who brings peace and joy, despite our circumstances.

Pray as a Prosecutor (vv. 4-7)

Paul encourages us to start with an attitude of joy and thanksgiving. We should rejoice for all the things that God is doing in our lives. But Paul also instructs us to be direct with our prayers. Tell God what you need and what is going on in your life. The Greek word for prayer in verse 6 is *proseuchē*, similar to our English word prosecutor. Stand before God the Judge and tell Him what you think about the situation. Declare your requests before Him. He is big enough to hear your cries for help. And once you've presented your case, be prepared to trust the Judge to make a good, wise, and righteous judgment and receive a peace that "transcends all understanding."

Think on Truth (vv. 8-9)

Too often we are consumed with the possibilities, probabilities, and potential outcomes of our life. Paul reminds us to ignore those distracting

thoughts and instead give our minds over to things that are true, noble, just, and pure. Take time to meditate on what is true, noble, just, and pure. Then, watch as God's grace and peace relieves your anxieties.

Cling to Contentment (vv. 10-13)

In both the highs and lows of his life, Paul had learned that the way to steady one's self was with contentment. Regardless of the circumstances, Paul knew to rely on Christ. Too often we let our emotions be swayed by our experiences and our situations. Pray for God to give you the peace and comfort of His Spirit and the confidence to cling to the rock of Jesus Christ in the midst of all of life's turmoil.

Give Good Gifts (vv. 14-20)

As we find contentment and peace in God's truth, we should look around and see how we can strengthen and encourage other people. Paul was so grateful to the Philippians, because, even though they were physically separated, they had not forgotten him. They were helping to meet his tangible needs, but what was more important to Paul was being seen and noticed. Ask God to remind you of a neighbor, a friend, or a family member you can serve today. How can you reach out and show them the truth of God's peace and joy by caring for their needs?