

Second, we aren't equipped to handle the communication and conflict problems we will inevitably encounter. Many Christians have mastered the art of appearing spiritual and happy on the outside. But once they enter their homes, they let down their guards and take out their frustrations on the people who mean the most to them.

Third, since we don't know how to deal with our relationship problems, we seek to escape from reality. We might do this by getting a job or spending more hours at work. Men can seek to escape through their pursuit of sports. Some women can escape by volunteer work. Others shop or escape to the movies, television or books.

All this puts more tension in our relationships, and eventually this leads to the ultimate escape: what I call "fantasy love." Most people who commit adultery do so to find the love and acceptance they once received from their mates.

The irony is that so many of us avoid taking the very step that would help solve our problems-prayer. After all, we have the Spirit of God living in us, available to give us the supernatural wisdom and power and peace we need to cope with whatever pressures we face (see Phil. 4:6,7). All we need to do is ask. [selected]

Prayer:

Spend time with your mate talking with God about the things that are causing pressures in your lives.

Discuss: What is causing pressure in your life? In what ways do you try to escape from this pressure? What else could you do?



Central Mountains Baptist Church

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Easing the Pressure

Philippians 4:6

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

My guess is that most of you could come up with a list of everyday stresses quite similar to mine. Endless waves of everyday pressure wear us down and pull us into a predictable sequence of events.

First, we try to accomplish too much-and end up neglecting our essential priorities. When people try to squeeze too many activities into 24 hours, something has to give. For many, it's our relationships with God, or the time we need to put into developing quality relationships with our mates and children.



Insights for Living Standfast in Peace 1



- #1. Standfast in harmony, v2-3
- #2. Standfast in joy, v4
- #3. Standfast in gentleness, v5
- #4. Standfast in peace, v6-7**
- #5. Standfast in thought, v8
- #6. Standfast in action, v9

(1 Corinthians 10:13) "No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it."
(John 8:32-36) ""And you shall know the truth, and the truth shall make you free."".....""Therefore if the Son makes you free, you shall be free indeed."
(2 Peter 1:3) "as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue,"



Philippians 4:6-7 talks about anxiety and peace. First, in understanding our anxiety, there are three considerations:

1. The makeup of _____,

(2 Corinthians 12:2-7) "I know a man in Christ who fourteen years ago; whether in the body I do not know, or whether out of the body I do not know, God knows; such a one was caught up to the third heaven. [**Gen 1:20**] "Then God said, "... let birds fly above the earth across the ... heavens."]
{3} And I know such a man; whether in the body or out of the body I do not know, God knows; {4} how he was caught up into Paradise and heard inexpressible words, which it is not lawful for a man to utter."..

{7} "And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure."

(1 Thessalonians 5:23) "Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ."

(1 Corinthians 6:19) "Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?"

(Proverbs 23:1-3) "When you sit down to eat with a ruler, Consider carefully what is before you;" ... {3} "Do not desire his delicacies, For they are deceptive food."



2. The importance of _____, Philippians 4:8

(2 Corinthians 10:5) "... bringing every thought into captivity to the obedience of Christ,"
(Romans 12:2) "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God."
(Ephesians 4:23) "... be renewed in the spirit of your mind,"
(Colossians 3:10) "... put on the new man who is renewed in knowledge according to the image of Him who created him,"
(Titus 3:5) "... renewing of the Holy Spirit,"
(Genesis 35:17) "..., "Do not fear; you will have this son also.""



3. The place of _____, Philippians 4:4-7

(Isaiah 53:3) "He is despised and rejected by men, A Man of sorrows and acquainted with grief. ..."
(1 Thessalonians 4:13) "But I do not want you to be ignorant, brethren, concerning those who have fallen asleep, lest you sorrow as others who have no hope."
(1 Peter 1:3) "Blessed be the God and Father of our Lord Jesus Christ, who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead,"
(John 2:13-17) "Now the Passover of the Jews was at hand, and Jesus went up to Jerusalem. {14} And He found in the temple those who sold oxen and sheep and doves, and the moneychangers doing business. {15} When He had made a whip of cords, He drove them all out of the temple, with the sheep and the oxen, and poured out the changers' money and overturned the tables. {16} And He said to those who sold doves, "Take these things away! Do not make My Father's house a house of merchandise!" {17} Then His disciples remembered that it was written, "Zeal for Your house has eaten Me up.""
(James 1:20) "for the wrath of man does not produce the righteousness of God."

