

Aloha Christmas
“Aloha: Peace vs. Worry”

-Announce:

- Ask Bethany to stand here with me.
 - Christmas Eve help and invite.
 - Recognize and thank Bethany (Pray)
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-Aloha Christmas Series, today we are saying “hello” to PEACE and “goodbye” to WORRY
-Wouldn't that be great?

-Truth: For many of us and for even many of the people of God, worry is an everyday occurrence

-Think about what's going on in our world today:

- Political** unrest
- Societal** unrest as more and more people are walking into places and opening fire
- Religious** unrest as Islamic Terrorists are capturing Christians & beheading them
- Financial** unrest not only on a national/global level but also on a personal level
 - House payment, Car payment, Daycare, Medical Bills,
- Family** unrest as the divorce rate continues to climb and the family as we know it continues to unravel and come undone.
- Personal** unrest as you wonder about your next job or future career.

-We live in a high stress society and if we are not careful, it affects us physically, emotionally, spiritually.

-Worry actually comes from the Anglo-Saxon word that means “to strangle.”

-That's what's happening to many of us, we are literally being strangled to death by worry.

-The Mayo Clinic claims 80-85% of total caseload is directly influenced by worry and anxiety.

-Worry is closely linked to heart trouble, blood pressure problems, ulcers, thyroid malfunction, migraine headaches, and a host of stomach disorders.

-Notice what the Holy Spirit commands us to do:

-**Philippians 4:6a**(NIV) Do not be anxious about anything...

-The word “anxious” literally means “to come apart” or “fall to pieces”

-Represents a divided or unstable mind.

-Worry is the absence of God. (In essence: “*God you are not big enough*”)

-**Do not be anxious about ANYTHING**

-It doesn't say “some of the time” or “in important situations”

-Paul wrote this letter from a jail cell.

-What does Jesus say?

-**Matthew 6:25-27** (NLT) “That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing?”

²⁶ Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are?

²⁷ Can all your worries add a single moment to your life?

-Notice what we are commanded to do instead.

-**Philippians 4:6** (NIV) Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

-1st command: Do Not Be Anxious

-2nd command: **Present Your Requests To God**

-Action word: *Present*

-He tells us when we are to do this:

-“In every situation”

-Not the ones that you think you think can't handle.

-Not just the big items and leave the small stuff to yourself.

-There is no situation that is too little for God's attention.

-He then tells us how to do it:

-By

-**Prayer**—this is the way that you present your requests to God.

-It is the act of going to God and engaging Him in worship.

-**Petition**—asking God. (Bringing our requests to God)

-We are commanded to ASK God.

-What are we to ask Him for? Anything!

-“*Pastor Matt, I don't think it's right for me to pray for myself. My prayers should be for others.*”

-**1 Peter 5:7** (NIV) Cast all your anxiety on him because he cares for you.

-What I've learned

-When we ask, God moves

-Start with God and then move to yourself...and then the next closest person to you...

-**Thanksgiving**—every prayer should included thanksgiving to God.

-Expressing a heart of gratitude

-Notice the Result:

-**Philippians 4:7** (NIV) And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

-Here's what God commands on your behalf:

-The Peace of God that cannot be fully comprehended.

-It is readily available for those who are AT Peace WITH God.

-Those who have a right relationship with God.

-If you have that, then God's Peace is available to you at any moment.

-When you take your requests to God, God commands His peace to guard you.

- A military term: An armed escort protecting the traveler from all harm.
- That peace is commanded to stand like a body guard over you at all times

-Who is it that stands guard over you? It is JESUS

-**Philippians 4:7** (NIV) And the peace of God, which transcends all understanding, will guard your hearts and your minds **in Christ Jesus**.

-Notice what He stands guard over: HEART and MIND

- When you are coming to God and presenting your requests to God instead of worrying,
- You invite Jesus into your circumstances

-He does 3 things:

(1) **The Mind of God**

-**Philippians 4:8** (NIV) Finally, brothers and sisters, whatever is true (opposite of false or lies), whatever is noble (worthy of respect), whatever is right (upright, worthy of God's standards), whatever is pure (uncontaminated), whatever is lovely (pleasing to God), whatever is admirable (attractive to God)—if anything is excellent (highest standard) or praiseworthy (worthy of honor)—think about such things.

-This is where the Holy Spirit will take our minds.

-This is the mind of Christ.

-When you are living guarded by the Peace of God

-He stands like an armed guard over your mind.

-Anytime, you are not thinking like this list but thinking the opposite, you know you are operating in the realm of worry and anxiety.

-This is the mind of Christ that is included in the Peace of God.

(2) **The Will of God**

-He will also stand guard over your heart

-**Philippians 4:9a** (NIV) Whatever you have learned or received or heard from me, or seen in me—put it into practice.

-Paul had instructed these believers and lived it out in front of them.

-What had he instructed them with?

-The Word of God

-Jesus stands guard over you with His Word.

-Directing your heart and directing your will as you read it and put it into practice.

-Notice the Result:

-**Philippians 4:9b** (NIV) And the God of peace will be with you.

(3) **The Presence of God**

-You will live in the presence of the One Who stands guard over you.

-The Peace of God turns into the Presence of God.

-You will know that He is near to your situation.

-In the presence of God there is the absence of worry.

-How can you worry when you are in the presence of God? (example/Scripture)

-This is the daily will of God for every child of God.

-What are we commanded to do?

-Be anxious for nothing.

-Present your requests to God through prayer, asking, thanking, and believing the Word of God.

-What does God command?

-His Peace, the person of Jesus, to stand guard over our hearts and minds.

-Why would we ever need to worry? Say “goodbye” to worry and “hello” to peace.

-Lord’s Supper Intro:

-The Peace of God is illustrated in the Lord’s Supper.

-The perfect, sinless Lamb of God, Jesus willing cast Himself upon a cross that had our names on it, to bear the wrath of God against sin that was justly ours to bear.

-He did it so that we could have access to God and have Peace With God.

1 Corinthians 11:23-28 (NLT) For I pass on to you what I received from the Lord himself. On the night when he was betrayed, the Lord Jesus took some bread

24 and gave thanks to God for it. Then he broke it in pieces and said, "This is my body, which is given for you. Do this to remember me."

25 In the same way, he took the cup of wine after supper, saying, "This cup is the new covenant between God and his people—an agreement confirmed with my blood. Do this to remember me as often as you drink it."

26 For every time you eat this bread and drink this cup, you are announcing the Lord's death until he comes again.

27 So anyone who eats this bread or drinks this cup of the Lord unworthily is guilty of sinning against the body and blood of the Lord.

28 That is why you should examine yourself before eating the bread and drinking the cup.

-Once we have Peace With God, we have access to the Peace of God that can never be taken away from us.

-So, we make sure that constantly living in the will of God.

-“Examining ourselves before partaking”

-Do you have peace with God?

-You can have a right relationship with God before you leave this place today.

-One of our leaders will be happy to talk with you today about that.

-Do you have the peace of God in your situation?

-As I pray, examine yourself and your relationship with God.

-Explain our process:

-Don’t dismiss by rows...there are several stations located throughout the auditorium.

-After I pray, you can get up and go to the stations when you are ready.

- One of our elders will be at each station to pray with you and minister to you
- Afterwards return you your seat and we will continue our time of worship.

-Pray and Dismiss to Stations

-Bridge Group Questions:

- (1) What stood out to you most about this week's message?
- (2) Are you a worrier? If so, what do you worry most about? What should you do when you begin to worry?
- (3) Do you regularly present your requests to God? Do you have any apprehensions about doing that? If so, what are they? Do you understand that this is one of our greatest privileges as a follower of Jesus? Meditate on that for just a bit.
- (4) In this message, Pastor Matt defines "the peace of God." Who is the peace of God and what all does He do? After understanding this, does it ever make sense to worry?