

## Seeking That Peace

### Description

[RG AUDIO 101115](#)

Philippians 4:4-9

Have you read Philippians 4:4-9 lately? May I ask you to do it again? This time, notice something about these two paragraphs that may or may not be strictly coincidental. Notice that the portion of Paul's blessing that speaks of peace is sandwiched between two powerful lists of exhortation. In verses 4-6, he encourages us to be gentle, prayerful, and thankful. In verse 8, we are told to seek that which is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy. In between we find verse 7 and its magnificent, prayer-like promise: "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

When you're around someone who seems to be comfortable in their own skin and totally at peace, have you ever noticed how the words in these verses seem to characterize them? Could it be that, instead of seeking peace, we should first seek to live as Paul encourages us to?

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