

## Keep Praising Him

### Description

Philippians 4:4-9

Philippians 4:6, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God," is a seminal verse and perfect advice used to encourage those going through difficulty.

Have you ever gotten advice from someone only to later find out that the person giving advice had absolutely no authority? Years ago, my daughter was on her high school golf team. As she would practice, I would give advice on how she could improve. While I sounded knowledgeable, the fact is, I have never played golf and have no clue how to coach someone. I had no authority to give her golf advice.

This is not the case with Paul's message to the Philippians. Paul had been kidnapped, beaten, flogged, stoned, arrested, jailed, shipwrecked, and bitten by a snake. Saying Paul understood suffering is an understatement. Paul had the authority to write, "rejoice always" and "do not be anxious about anything" because he had lived it and he kept praising Him!

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