



SPRING-TIME DAILY ENCOURAGEMENTS

Carstairs-Bancroft United Church

April 6, 2023



Photo: Our Daily Bread

STRESS TO PEACE

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:6

READ Philippians 4:4 - 8

Moving ranks as one of the biggest stressors in life. We moved to our current home after I'd lived in my previous one for nearly twenty years. I'd lived alone in that first home for eight years before I got married. Then my husband moved in, along with all his things. Later, we added a child, and that meant even more stuff.

Our moving day to the new house wasn't without incident. Five minutes before the movers arrived, I was still finishing up a book manuscript. And the new home had several sets of stairs, so it took double the time and twice as many movers as planned. But I wasn't feeling stressed out by the events of that day. Then it hit me: I'd spent many hours finishing writing a book—one chock-full with Scripture and biblical concepts. By God's grace, I'd been poring over the Bible, praying, and writing to meet my deadline. So, I believe the key was my immersion in Scripture and in prayer.

Paul wrote, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God" (Philippians 4:6). When we pray—and "rejoice in" God (v. 4)—we refocus our mind from the problem to our Provider. We may be asking God to help us deal with a stressor, but we're also connecting with Him, which can provide a peace "which transcends all understanding" (v. 7).

By Katara Patton

PRAY & REFLECT

Provider and Protector, I give my concerns to You. May Your peace guard my mind and heart. Amen.

What stressful situations do you need God to give you peace in today? How can praying with thanksgiving transform your mind?

SCRIPTURE INSIGHT

Paul was "in chains for Christ" (Philippians 1:13) when he wrote to the Philippians. Because he mentioned the "palace guard" (v. 13) and "Caesar's household" (4:22), he was probably imprisoned in Rome. Despite being in prison, Paul wrote this "joyful" letter (1:4, 25; 2:2, 29; 4:1), relentlessly encouraging the Philippian believers to "rejoice in the Lord always" (4:4). Some ten years earlier, during his second missionary journey, Paul had brought the gospel to this Roman colony, for which he was persecuted (Acts 16:11 - 40). Even though he was severely flogged and illegally imprisoned, Paul radiated joy and peace. For during adversity, "Paul and Silas were praying and singing hymns to God" (v. 25). The apostle wrote, "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace" (Philippians 4:6 - 7 nlt). — By **K. T. Sim**

Used with permission