

The Great Exchange (Philippians 4:6–7)

Where I Go When I Worry

Primary Text: Philippians 4:4–9

God’s promises invite us into His better story—one of joy, freedom, and peace.

Why Memorizing Scripture Matters

What we believe shapes how we **think, react, decide, and pray**. Memorizing Scripture moves truth from **information to formation** and gives us language to **pray God’s Word back to Him**.

Five Anchoring Promises

1. **First Things First** — Seek first the Kingdom (Matt. 6:33)
2. **Led, Not Alone** — The Lord is my Shepherd (Ps. 23)
3. **Made for a Purpose** — God’s workmanship (Eph. 2:10)
4. **Fully Known** — God knows me completely (Ps. 139)
5. **The Great Exchange** — From anxiety to peace (Phil. 4:6–7)

Final Exhortations (Philippians 4:4–9)

Verse 4 — Rejoice: Joy is not rooted in circumstances, but in the **nearness of the Lord**.

Verse 5 — Gentleness: Gentleness (*epieikēs*) = gracious restraint, strength under control. A life lived with **open hands** because God is close.

Verses 6–7 — The Great Exchange

Turning worry into prayer and experiencing God’s peace

• **“Do not be anxious”** — *merimnāō* (μεριμνάω) about anything: pulled apart, mentally scattered; a divided heart

What specific worry is dividing your mind right now? Write it down on an index card. When Scripture says “Do not be anxious,” do you hear invitation... or impossibility?

- **“In everything”** — *en panti* (ἐν παντί): every detail is eligible for God’s care
- **“Prayer”** — *proseuchē* (προσευχή): relational, worshipful prayer.
- **“Petition”** — *deēsis* (δέησις): specific, honest requests
- **“With thanksgiving”** — *meta eucharistias* (μετὰ εὐχαριστίας): trust before outcomes are known
- **“Let your requests be made known”** — *gnōrizesthō* (γνωρίζεσθω): Releasing Control into God’s Hands.
- **“Peace”** — *eirēnē* (εἰρήνη): wholeness; things put back together.
- **“Surpasses understanding”** — *hyperechousa panta noun*: peace above human logic
- **“Will guard”** — *phrouresei* (φρουρήσει): to stand watch, protect, garrison
- **“Hearts and minds”** — *kardia / noēmata*: desires, emotions, will / thoughts, patterns, imagination

Not suppressing anxiety, but redirecting it—from control to communion.

Verse 8 — Redeemed Thinking

True • Noble • Right • Pure • Lovely • Admirable • Excellent • Praiseworthy

Not positive thinking—**redeemed thinking**. What we repeatedly think about quietly shapes who we become.

*Do you treat the Bible as the ultimate truth in your decisions — or as one voice among many? Turn your card over and take an honest inventory of your thinking. When this worry or others show up, where do you **PARK YOUR MIND**? Write down what patterns are serving you well and what patterns are not.*

Verse 9 — Practice Produces Peace

Truth must move from **exposure to obedience**. When truth is lived, **the God of peace is with us**.

Takeaway

Peace comes when we stop carrying what God never asked us to hold.

Questions

1. What did you learn from today's lesson?
2. What worry do you want to hand over to God? Extra Credit: Turn it into a Prayer.
3. What thinking do you want to continue, and what thinking do you want to stop?
4. What keeps you from trusting God's Promises?