30 May 2015 Dr. Rick Griffith

St. Pauls’ Chapel, Port Gamble, WA Wedding Message

NLT 10 Minutes

**Peace in Marriage**

***Philippians 4:4-9***

**Topic:** Peace

**Subject:** Peace in marriage

**Complement:** comes from imitating Christ’s attitude

**Purpose:** The listeners will experience peace in marriage by obeying four commands.

# Introduction

### Every couple wants peace in their marriage. Don’t you?

### Yet we know that married couples don’t always experience peace.

#### Some marriages are filled with conflict.

#### Sometimes we have anxiety over finances or goals or something else.

#### Too often marriage is not an arena of peace but of war!

### So *how do you experience peace in marriage*?

### The passage you chose for today gives *four practical handles* on how to sustain peace in your marriage. Philippians 4:4-9 has *four commands* to heed. The first is…

# I. Find your joy in the Lord (4:4).

## Today is a day you have anticipated for years—you are right to find joy in it and find joy in each another—but this passage says to “rejoice in the Lord.”

## Joy obviously isn’t a happy-go-lucky, naïve smile on your face.

## Rather, joy is a settled conviction that God is in control and that He’s using your circumstances to conform you to his Son. That’s what it means to rejoice “in the Lord.”

## You both know quite well that many joys lay ahead—but also many challenges too.

### Let your joys be “in the Lord” since marriage was his idea in the first place.

### Let the challenges draw you to him.

(You also experience God’s peace when you commit yourself to…)

# II. Be gentle with each other (4:5).

## The verse says, “Let your forbearing spirit be made evident to all.”

## Marriage counselor Robert Ferguson notes that gentleness is “strength under control”:

### “Gentleness means even-tempered; considerate; honorable, strength under control.

### The last part, strength under control, can have the greatest impact in a marriage. Learning to control one’s actions, words, and even thoughts is the beginning of real strength” (http://fergusonvalues.com/2012/11/10-ways-to-practice-gentleness-in-a-marriage/#sthash.UZy6SzmC.dpuf).

## Gentleness is more than just being nice. It means to be others-centered. So show gentleness to each other instead of clinging to your rights.

(You also experience God’s peace when you…)

# III. Pray together (4:6-7).

## Verses 6-7 command you, “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, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

## I love the flow of these two verses. Simply put, it’s this: don’t worry, but pray, and enjoy God’s peace.

## Prayer is too often our last resort—and worry is our first!

## Prayer leads us to God’s peace—so pray together every day of your married life.

## You’ve heard much on prayer. I only want to remind you of the direct relationship between prayer and God’s peace. Little prayer, little peace. Prayer…peace.

(The last of these four ways to experience God’s peace is to…)

# IV. Think about the good stuff (4:8-9).

## Here’s the final exhortation in today’s text: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.”

## Stephan and Katie, just look at the list of what you’re supposed to think about—and notice the result if we do it in verse 9: “The God of peace will be with you.”

## Question: What percentage of films and TV shows passes this test? Really! What percentage? That’s the percentage of programming you should be watching.

## We wonder why there’s turmoil in our marriages, with no peace. Just look at the input we’re getting.

## Years ago Susan wrote Psalm 101:2b-3a (an OT parallel to Phil. 4:8) on a card: “I will walk in my house with a blameless heart. I will set before my eyes no vile thing.” Then she placed it on our TV to remind us to watch only shows that Jesus Himself would watch. Certainly the list in Philippians 4:8 describes what Jesus thought about! Not a bad idea!

(So what’s the point of these six verses you have chosen in Philippians?)

# Conclusion

### *Peace in marriage comes from seeking the attitude of Christ* (MI).

### Your marriage peace depends on obeying the four commands in 4:4-9:

#### Rejoice: God’s peace comes from finding your joy in the Lord.

#### Be Gentle: Let your patience with one another be evident to all.

#### Pray: Peace and prayer go together.

#### Wholesome thoughts: God gives peace to those with minds stayed in Him.

### May the God of peace be with you!