

**Be Still: Cultivating Intimacy with Our Creator**  
October 7, 2007

“A Recipe for Peace when Waiting”  
Philippians 4:4-9

Introduction:

Two eggs, two sticks of butter,  $\frac{3}{4}$  cup of sugar,  $\frac{3}{4}$  cup brown sugar, two and a qtr. cups of flour, teaspoon of backing soda, salt, vanilla, and two cups of chocolate chips. Bake @ 375° for ten minutes. Could finding peace in life really be this easy?

Interpretation:

- Always \_\_\_\_\_
- \_\_\_\_\_ All
- \_\_\_\_\_ Everything \_\_\_\_\_

Application:

## Going Deeper

1. On a scale of one to ten, what is your general level of anxiety in life?
2. What most typically creates anxiety in your life, and how do you most often attempt to manage it?
3. How would an experience without any anxiety whatsoever change your quality of life?
4. What percentage of "everything" do you present to God in prayer?
5. As you present your requests to God, what has been your experience of a peace that passes "all" understanding?
6. When peace doesn't come, what part of the recipe of prayer (rejoice in the Lord always, do not be anxious about anything and but in everything by prayer) have you most often failed to act upon?
7. In Philippians 4:8-9, why do you suppose Paul gives directions for what we think about, and who we imitate, as he talks about receiving God's peace? (Matthew 22:37, Romans 8:5-7, James 1:8)

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