

Anxiety, Gratitude, and Immanuel

Philippians 4:4-13

11/28/2021

Rick Jass

How To (Not) Read the Bible

1. The Bible is a library not a book.
2. The Bible is written for us not to us
3. Never read a Bible verse... (out of context)
4. All of the Bible is a unified story that points to Jesus.

Philippians Background:

- Philippi was a city in Macedonia, northeast Greece today
- Became a colony of the Roman Empire in 31 BC and Roman military veterans were granted land there. The believers there faced severe persecution and economic hardships.
- Paul arrives to preach the gospel in AD 50's or 60's, the area was even more Roman in the culture and institutions and power held by a small number of elites who owned land and farms.
- Paul is writing this letter from prison.

1. The peace of God includes mindset and action.
2. The attitude of gratitude.
3. The Immanuel Process

The Immanuel Process

- A. We give thanks to God
- B. We slow down to perceive how God responds to our gratitude.

1. Think of a positive memory with God and express appreciation.
2. Invite God to be with you and to help you establish a connection.
3. Describe and write down whatever comes into your awareness.
 - a. I can see you.
 - b. I can hear you.
 - c. I can understand how hard this is for you.
 - d. I am glad to be with you.
 - e. I can do something about what you are going through.

Remember when you write down your impression, you must check out those impressions against God's character. The whole Bible reveals his character, but a good place to start is God as love (I Corinthians 13), the fruit of the Spirit (Galatians 5:22-23) and attitudes found in the Sermon on the Mount (Matthew 5-7)