



Well Kept How God Treats Me

Philippians 4:6-7

Intro: We all drift to feeling anxious, frustrated, and even angry with God from time to time, right? Why? Well, we tend to lose sight of what a good buddy of mine answers any time someone greets and asks him: "How ya doing?" He always says: **"I'm well kept."** How can we keep that in mind and be anxious for nothing in our walk with the Lord? 4 things

How to be and feel "Well Kept"

1. Pray with Thanksgiving. (v. 6)

- Praise Him for who He is
- Thank Him for what He does

2. Ask with Thanksgiving. (v. 6)

- Vent what you're going through
- Thank Him IN it, not FOR it
- Ask, but release your preferences;
Shadrach & friends/Daniel 3:13-18

3. Embrace His Peace. (v. 7)

- His peace surpasses understanding
- Fiery furnace peace

4. Rest in His Protection. (v. 7)

- This guards hearts AND minds
- Less thanksgiving = less protection
Prodigal son/Bitter brother/Luke 15:11ff

5. Pray without Ceasing. I Thess. 4: 16-18

- 16 Rejoice always;
- 17 pray without ceasing;
- 18 in everything give thanks;
for this is God's will for you
in Christ Jesus.

Philippians 4:6-7

Be anxious for nothing, but in everything by **prayer** and **supplication with thanksgiving** let your requests be made known to God.
7 And the **peace of God**, which **surpasses all comprehension**, will **guard your hearts** and **your minds in Christ Jesus.**

Daniel 3:13-18

Then Nebuchadnezzar in rage and anger gave orders to bring Shadrach, Meshach and Abednego; then these men were brought before the king. ¹⁴Nebuchadnezzar responded and said to them, "Is it true, Shadrach, Meshach and Abednego, that you do not serve my gods or worship the golden image that I have set up? ¹⁵Now if you are ready, at the moment you hear the sound of the horn, flute, lyre, trigon, psaltery and bagpipe and all kinds of music, to fall down and worship the image that I have made, very well. But if you do not worship, you will immediately be cast into the midst of a furnace of blazing fire; and what god is there who can deliver you out of my hands?" ¹⁶Shadrach, Meshach and Abednego replied to the king, "O Nebuchadnezzar, we do not need to give you an answer concerning this matter. ¹⁷If it be so, our God whom we serve is able to deliver us from the furnace of blazing fire; and He will deliver us out of your hand, O king. ¹⁸**But even if He does not**, let it be known to you, O king, that we are not going to serve your gods or worship the golden image that you have set up."

Luke 15:11-32

¹¹And He said, "A man had two sons. ¹²The younger of them said to his father, '**Father, give me the share of the estate that falls to me.**' So he divided his wealth between them. ¹³And not many days later, the younger son gathered everything together and went on a journey into a distant country, and there he squandered his estate with loose living.

¹⁴**Now when he had spent everything**, a severe famine occurred in that country, and he began to be impoverished. ¹⁵So he went and hired himself out to one of the citizens of that country, and he sent him into his fields to feed swine. ¹⁶And he would have gladly filled his stomach with the pods that the swine were eating, and no one was giving anything to him.

¹⁷**But when he came to his senses**, he said, 'How many of my father's hired men have more than enough bread, but I am dying here with hunger! ¹⁸I will get up and go to my father, and will say to him, "Father, I have sinned against heaven, and in your sight; ¹⁹I am no longer worthy to be called your son; make me as one of your hired men.'"

²⁰**So he got up and came to his father.** But while he was still a long way off, his father saw him and felt compassion for him, and ran and embraced him and kissed him. ²¹And the son said to him, 'Father, I have sinned against heaven and in your sight; I am no longer worthy to be called your son.' ²²But the father said to his slaves, 'Quickly bring out the best robe and put it on him, and put a ring on his hand and sandals on his feet; ²³and bring the fattened calf, kill it, and let us eat and celebrate; ²⁴for this son of mine was dead and has come to life again; he was lost and has been found.' And they began to celebrate.

²⁵**"Now his older son was in the field**, and when he came and approached the house, he heard music and dancing. ²⁶And he summoned one of the servants and began inquiring what these things could be. ²⁷And he said to him, 'Your brother has come, and your father has killed the fattened calf because he has received him back safe and sound.' ²⁸**But he became angry** and was not willing to go in; and his father came out and began pleading with him. ²⁹But he answered and said to his father, 'Look! For so many years I have been serving you and I have never neglected a command of yours; and yet you have never given me a young goat, so that I might celebrate with my friends; ³⁰but when this son of yours came, who has devoured your wealth with prostitutes, you killed the fattened calf for him.'

³¹**And he said to him, 'Son, you have always been with me, and all that is mine is yours.** ³²But we had to celebrate and rejoice, for this brother of yours was dead and has begun to live, and was lost and has been found.'"