







I want to leave you now with a list written by Jane Lancaster-Patterson summing up Paul's words to find and receive peace within:

- Rejoice: Don't just expect joy to arrive on its own, but commit yourself to practices of godly joy every day (4:4).
- No one is at their best right now, including you, so be gentle to absolutely everyone (4:5).
- Christ is near (4:5). Take moments to experience the reality that you are surrounded by transcendent compassion that is larger and deeper than you.
- Don't obsess over your worries, but don't brush them under the carpet, either. Share them with God, all the worry and all the gratitude together (4:6).
- This conversation with God is a source of peace beyond our capacity to understand (4:7).
- Commit yourself not to simply obsess over all that is going wrong, all the evil and destruction you see in the world. Turn your attention to things that really matter, to where you see action that is worthy of respect, to places where justice is being done, to goodness in all its forms. Make a list of them if you have to...
- Pay attention to the truly remarkable people around you who will show you how to walk this path (4:9).<sup>2</sup>

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<sup>2</sup> <https://www.workingpreacher.org/commentaries/revised-common-lectionary/ordinary-28/commentary-on-philippians-41-9-6>