

Program: SS Panel 2026 1 Q

Quarterly title: Christ In Philippians & Colossians

Quarterly author: Clinton Wahlen

Lesson Title: #07 A Heavenly Citizenship

Day Title: Wednesday - Rejoice in the Lord—Always

For Lesson Dates: Date Here, 2026

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Note: This color and font = quarterly text

Note: This color and font = John Dinzey notes

John Dinzey 2026 Q1 L07 Rejoice in the Lord Always

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Question:

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NIL: Not in Lesson

Lesson 7

*February 7–13

TUESDAY

February 10

Rejoice in the Lord—Always

Read Philippians 4:4–7. How are we to experience “the peace of God”?

Philippians 4:4-7 4 Rejoice in the Lord always. Again I will say, rejoice!

Philippians 4:5 Let your gentleness be known to all men. The Lord is at hand.

Philippians 4:6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

Be anxious for nothing

We open to ourselves the floodgates of woe or joy. If we permit our thoughts to be engrossed with the troubles and trifles of earth, our hearts will be filled with unbelief, gloom, and foreboding. If we set our affections on things above, the voice of Jesus will speak to our hearts, murmuring will cease, and vexing thoughts will be lost in praise to our Redeemer. Those who dwell upon God's great mercies and are not unmindful of His lesser gifts, will put on the girdle of gladness and make melody in their hearts to the Lord. Then they will enjoy their work. They will stand firm at their post of duty. They will have a placid temper, a trustful spirit. . CT 234.1 Counsels to Parents Teachers & Students

Therefore I say to you, do not worry

Matthew 6:25-34 25 “**Therefore I say to you, do not worry** about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?

26 Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?

27 Which of you by worrying can add one cubit to his stature?

28 “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin;

29 and yet I say to you that even Solomon in all his glory was not [l]arrayed like one of these.

30 Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, *will He* not much more *clothe* you, O you of little faith?

31 “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’

32 For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.

33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.

Philippians 4:6 Be anxious for nothing, **but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;**

From: Albert Barnes

By prayer and supplication - The word rendered “supplication” is a stronger term than the former. It is the mode of prayer which especially arises from the sense of “need,” or “want” - from *δέομαι deomai*, “to want, to need.”

Philippians 4:6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

Philippians 4:7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

How many times have you been stressed over things that ultimately melted effortlessly away as quickly as they appeared? For good reason, Jesus repeatedly emphasized that we should not worry (see *Matt. 6:25–34, Matt. 10:19*), and Peter reminds us that we can cast all our worries or anxieties (ESV) on the Lord, “because He cares for you” (1 *Pet. 5:7, ESV*). In fact, the increasing problems worldwide should inspire us with hope that the coming of the Lord is near (compare *Matt. 24:33, Luke 21:28, James 5:8*).

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The antidote to anxiety *in everything*, including every situation, is sending up a prayer of faith (*Phil. 4:6, 7*). Clearly, we are to believe and act on our prayer as having been answered even before we see its realization, because we are to pray “with thanksgiving.” Also added is the word “supplication” (Greek, *deēsis*), signaling times of extremity and urgency (see, for example, *Luke 1:13, Phil. 1:19, 1 Tim. 5:5, James 5:16*). Our prayers are still “requests,” but we can know our petitions have been received as long as we ask “according to His will” (1 *John 5:14, NKJV*). Then we can rest and have peace, knowing that all our requests are in God’s hands.

How do the following passages enlarge our understanding of God’s peace?
Ps. 29:11, Isa. 9:6, Luke 2:14, John 14:27, 1 Cor. 14:33.

Psalms 29:11 The Lord will give strength to His people; The Lord will bless His people with peace.

Isa. 9:6, For unto us a Child is born, Unto us a Son is given; And the government will be upon His shoulder. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace.

Luke 2:14, “Glory to God in the highest, And on earth peace, goodwill toward men!”

John 14:27, 27 Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

1 Cor. 14:33. 33 For God is not *the author* of confusion but of peace, as in all the churches of the saints.

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God's peace is something the world can never give, because God's peace comes from the assurance that we have the gift of eternal life through Jesus our Savior (*Rom. 5:1, Rom. 6:23*). This peace impacts every aspect of life and "surpasses all understanding" (*Phil. 4:7, NKJV*). It cannot be grasped by the mind alone, as the Greek word *nous* (minds) used here indicates.

The Lord is disappointed when His people place a low estimate upon themselves. He desires His chosen heritage to value themselves according to the price He has placed upon them. God wanted them, else He would not have sent His Son on such an expensive errand to redeem them. He has a use for them, and He is well pleased when they make the very highest demands upon Him, that they may glorify His name. They may expect large things if they have faith in His promises..
DA 668.1