

**Spiritual Depression: Its Causes and Cure by Dr. Martin Lloyd-Jones**  
**Chapter 19: The Peace of God**  
**Philippians 4:6-7**

**Php 4:6-7 NASB** 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.

**Review** of last week's lesson entitled "In God's Gymnasium".

This lesson is an extension of the previous lesson on chastening. The unique title of this lesson comes from the principle that God exercises us and we must exercise ourselves in holiness. When we are chastened of the Lord, we are being trained and He only trains His own children. We should not despise what the Lord is doing nor be discouraged or become bitter through this sanctifying process. The Lord is in control of all things and the only ones who will really benefit from His training are those who submit to it. We are to avidly pursue holiness and be encouraged in the light of three things: (1) The chastening will not continue long; this life is preparation for an eternity to come. (2) We are "sons" who must endure chastening for "without holiness, no man shall see the Lord." (3) Be looking at the One who willingly subjected Himself to the cross and follow Him ["Looking unto Jesus, the author and finisher of our faith."]

**Chapter 19: The Peace of God**

1. Lloyd-Jones mentions the "tyranny of circumstances." What is this and what relationship does it have knowledge of the joy of the Lord?
  
2. What is the theme that seems to be spoken of by each New Testament writer? How is this essential to our testimony before a watching world?
  
3. Lloyd-Jones talks about "anxiety" being beyond our control. What does he mean by this?
  
4. Besides the circumstance, what is a prolific cause of anxiety?
  
5. The first principle that Lloyd-Jones propounds from these verses is that we are to avoid worry. However, the second principle is that we are to seek to do this in a distinctively Christian way – avoiding worldly psychology. What are at least three worldly-wise ways we are to shun as we seek to avoid worry.

6. What is the Biblical solution to our anxieties?
  7. Differentiate between prayer and supplication. According to this passage, which should come first?
  8. What essential ingredient must be mingled with our prayer and supplication?
  9. Lloyd-Jones says on p. 268 that “The prayer that Paul advocates... is not a desperate cry in the dark, not some frantic appeal to God without any real thought.” If it is not to be this, with what then should our prayer be marked?
  10. What is meant by the peace of God in these verses? What is the root meaning of “being kept” by the peace of God?
  11. Lloyd-Jones speaks of the fact that this peace, “passes all understanding.” What verses does he mention in conjunction with this blessing?
- Rom 5:10 NKJV** For if when we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life.
- Rom 8:28 NKJV** And we know that all things work together for good to those who love God, to those who are the called according to *His* purpose.
- Rom 8:32 NKJV** He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?
- Rom 8:38-39 NKJV** For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, (39) nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.
12. What final blessing does Lloyd-Jones glean from these verses which should encourage us in every trial?