

GUARD

(φρουρήσει = 'froorehsi')

To guard, protect by a military guard, either to prevent hostile invasion or to keep the inhabitants of a besieged city from flight, to keep by watching and guarding, to preserve one for the attainment of something.

Philippians 4:7, “*And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*” God's peace will protect our hearts and minds. The Greek verb used for “**guard**” is borrowed from a military term and it creates a picture of God's peace as a detachment of soldiers “*standing guard over*” a city so as to protect it from attack. The Philippians, living in a garrison town, were familiar with the Roman guards who maintained watch, guarding the city from any outside attack.

The peace of God is like soldiers surrounding believers' hearts and minds (that is, emotions and thoughts), protecting them against threatening and harmful outside forces. Peter used the same word when he wrote that, “*through faith (believers) are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time*” (1 Peter 1:5).

God's peace, like a garrison of soldiers, will guard over our thoughts and feelings so that they will be as safe as a fortress against the assaults of anxiety, worry and fear. Let's take heart, because our deep emotions and inner feelings, that part of us which is often so vulnerable to attack by the enemy, is the very place that God's peace is being established. And like a battle-ready battalion of soldiers, the **peace of God** will protect us!

However, it is also important to grasp that, it's not only profound knowledge about peace that God will grant us, but experiential knowledge (sense experiences) of the calm serenity that characterizes His very nature. It's this kind of knowledge that impacts on us more deeply than mere understanding. God wants us to “know” with both mind and heart, otherwise His peace cannot surpass our negative thought processes.

So how do we find this peace? God's peace is attained only by practice. When we trust Jesus daily in the small worries of life, we are ready to trust Him when big problems strike. We need to tell Him our needs and anxieties; and roll all our cares on to Him. Remembering always that, when attained, the **peace of God** will guard and protect us from further attacks of anxiety. It is God's will for us to abide in His wonderful peace.