

Peace with Self – Part 2 (Philippians 4:6-9)

Part 1 of the process of having peace with self—quieting our often noisy souls.

- I. The Prayer that brings peace (v. 6-7)
 - A. The Principle for peace (v. 6)
 - 1. Don't Worry

The principle of peace is don't worry—"Be careful for nothing"—that is don't be full of care about anything—don't be anxious.

- 2. Biblically Pray
 - a. Our Approach in Prayer (v. 6a)
 - i. Attitude of Worship
 - ii. Attitude of Humility
 - iii. Attitude of Thanksgiving / Gratitude
 - b. Our Asking in Prayer (v. 6b)
- B. The Promise of Peace (v. 7)

The *principle* is, don't worry about anything, but pray about everything! The *promise* is that God will give you peace that will transcend your understanding as our obedience in prayer truly brings tranquility of the mind—a calmness in the time of storm that can only be from God Himself.

II. The _____ that brings peace (v. 8-9)

A. The _____ for Peace (v. 8-9a)

Q: How important are your thoughts?

Q: What effect do they have upon your daily life?

Notice that v. 6 brings peace and v. 8 maintains peace. When you obey the principles set forth you can enjoy the promises that follow!

1. _____ to think right (v. 8)

Thinking is a deliberate action—learn how to think on the right things.

Q: What do your thoughts say about you?

Proverbs 23:7 For as he thinketh in his heart, so is he: ...

We must rebuild our thinking process—think properly going forward! We must learn how to think on right things.

**Christ-honoring
thinking will lead
to
Christ-honoring
living—spiritual
stability.**

a. Are you thinking _____?

Cf. John 17:17; Psalm 19:7-9; Psalm 119:11 & 165

In order to think upon that which is true we must know the Word of God.

- b. Are you thinking _____?
- c. Are you thinking _____?
- d. Are you thinking _____?
- e. Are you thinking _____?
- f. Are you thinking _____?

2 Corinthians 10:5 Casting down [to destroy] imaginations, and every high thing that exalteth itself against the knowledge of **God**, and bringing into captivity [bring under subjection] every thought to the obedience of **Christ**;

Instead of allowing your anxious, negative thoughts to take you captive, deliberately bring them into captivity, submitting to the obedience of Christ—submitting to Christ-honoring thought.

Psalm 19:14 Let the words of my mouth [a mouth of worship], and the meditation of my heart [a heart of worship], be acceptable in thy sight [due to proper Biblical worship], O **LORD**, my **Strength**, and my **Redeemer**.

1. _____ to do right (v. 9a)

Cf. Philippians 3:17

Paul again calls for deliberate action—do what is right!

a. Regarding Paul's _____

- i. **DO** what you have _____
- ii. **Do** what you have _____

b. Regarding Paul's _____

1 Corinthians 11:1 Be ye followers of me, even as I also *am* of **Christ**.

- i. **DO** what you have _____—_____
- ii. **DO** what you have _____—_____

B. The _____ of God's _____ (v. 9b)

When we put into practice the *principles* of God, we can be confident that the *presence* of God will be manifested in our lives.

Cf. Hebrews 13:5-6; Psalm 37:25; Isaiah 41:10; Hebrews 4:16

Psalm 56:4 In **God** I will praise **His** Word, in **God** I have put my trust; I will not fear what flesh can do unto me.