

WEDNESDAY February 11 Think on These Things . . .

- Have you ever felt = your thoughts spinning out of control
 - worry / anxiety / fear = running rampant thru your mind?
- Paul understood that struggle = BUT = he also knew / cure

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

- Describing peace = that doesn't depend on circumstances
 - Comes directly from God
- Greek word used = FROO-reh-o **phroureō** = military term
 - to garrison / stand guard / protect against invasion
- Picture fortified city under siege = watchmen standing on walls
 - Outside = confusion / fear / attack
 - Inside those walls = calm / security / safety
- That's what God's peace does = stations divine guards
 - around your heart /mind = to keep enemy's thoughts out
- Satan's greatest battlefield = isn't world / around us
 - It's our minds /within us
- Our thoughts / emotions / spiritual focus = need protection
- True peace = not absence of problems / but presence of Christ
- Calm assurance that = no matter what happens = your life is held securely in His hands.

John 14:27 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.

- Peace comes from living in harmony with God's will.

Psalms 119:165 (AMP) Great peace have they who love Your law; nothing shall offend them or make them stumble.

- When yield control to Holy Spirit / align our choices w/God's Word = discover peace that world = cannot give /or/ take away

- God's peace = rooted in relationship / obedience
- But to experience that peace = must train our thoughts
- Peace = impossible if mind is filled w/ = noise / negativity / fear
- So, Paul explains = how to build / those inner walls of peace

Philippians 4:8 Finally, brethren [here's how to do it], whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

- Meditate = dwell on / consider carefully / take into account
- Describing / deliberate choice = to focus our mental energy on what is good / godly / uplifting
- Quality of our peace = determined by = quality of our thoughts

Isaiah 26:3 "You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You."

- Paul lists 6 biblical virtues to guard our thoughts/minds
 1. **Whatever is True** = in world full of lies / half-truths / deceptions = God calls us to think about = real / reliable = **John 14:6** "I am the way, the truth, and the life." **John 17:17** "Sanctify them by Your truth. Your Word is truth" fill our minds w/His words = anchor our thoughts in reality
 2. **Whatever is Noble** = means what is honorable / dignified / worthy of respect = meditate on things that lift your character / not lower it = noble mind refuses to entertain gossip / bitterness / hatred / cynicism
 3. **Whatever is Right** = refers to what is just /morally upright—actions / attitudes that reflect God's righteousness
. When we think rightly = we act rightly
 4. **Whatever is Pure** = Purity both inward /outward
Clean motives / wholesome thoughts / integrity of heart

In impure world = must guard what we let into our minds—
because what enters mind = eventually shapes soul

5. **Whatever is Lovely** = Speaks of spiritual beauty—things that reflect kindness / gentleness / grace of God = Think about what draws people to Christ / not what divides / destroys
6. **Whatever is Admirable** = gracious / commendable / uplifting = I.E. focus on what inspires you to live for God and serve others

- He summarizes all: **“If anything is excellent or praiseworthy—think on these things.”**
- Paul knew = mind shapes the life = what we think / we become
 - Fear breeds fear = truth brings peace
 - By beholding = we are changed
- Guard your thoughts = fill them w/Scripture /goodness / praise
 - So Christ’s peace/= power can flow through you

Philippians 4:9 The things which you learned / received / heard and saw in me, these do, and the God of peace will be with you.

- For true peace = must **PRACTICE RIGHTEOUSNESS**
- Notice sequence: **Think** on these things/ Then **do** these things
 - And the God of peace will be w/ you
- Peace doesn’t come just from hearing truth
 - It comes from living God’s truth
- Paul could say = “Follow my example”
 - because his life = living sermon
 - Even in prison = wrote about joy / gratitude / peace
 - Had every reason to complain = chose to focus on Christ
- When we model = same mindset
 - Thinking / speaking / acting = like Jesus
 - God of peace abides w/ us = even in chaos
- Same Spirit who guarded Paul’s heart in Roman prison
 - can guard yours today—if you let Him

CLOSING THOUGHT:

- When worry floods your mind = pray
 - “Lord, post Your peace around my thoughts.”
- True peace isn’t escaping the storm
 - but guarding your mind within it
- Fill your thoughts w/ truth / purity / praise
 - and the God of peace will surround and sustain you thru every trial