


THE PRESCRIPTION FOR PEACE — AN ANTIDOTE FOR ANXIETY (Part Two)

(Philippians 4:8-9)


An Outline of the Book of Philippians

	Chapter 1	Chapter 2	Chapter 3	Chapter 4
<i>The mindset of a joyful believer -</i>	A Single Mind ...results in true unity (Phil. 1:21, 27)	A Submissive Mind ...leads to godly service (Phil. 2:5-8)	A Spiritual Mind ...leads to maturity (Phil. 3:14-15)	A Settled Secure Mind ...leads to contentment and peace (Phil. 4:5-7)
<i>The joyful believer discovers -</i>	Christ is my Life	Christ is my Model	Christ is my Goal	Christ is my Sufficiency
<i>The joyful believer lays aside the obstacles that rob him of true joy</i>	Joy is found in Christ, not in circumstances	Joy is found in Christ, not in selfish ambition	Joy is found in Christ, not in earthly things	Joy is found in Christ, not in controlling


A. God Wants You to Find Your CONTENTMENT and Joy in the Lord (vs.4-5)

 **Philippians 4:4-5** Rejoice in the Lord always. Again I will say, rejoice! 5 Let your gentleness be known to all men. The Lord is at hand.

B. God Wants You to COMMUNICATE Your Concerns to Him (vs. 6-7)

 **Philippians 4:6-7** 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 understanding, will guard your hearts and minds through Christ Jesus.

C. God Wants You to CULTIVATE a Healthy Thought Life (vs. 8)

 **Philippians 4:8** Finally, brethren, 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

1. God’s charge for you is to — “_____” (4:8c)

Why is God interested in addressing your thought-life?

- a. Your thoughts are what _____ and _____ your life.
- b. Your mind is the _____.
- c. Your thoughts are the _____ of the _____ grace of God.
- d. You cannot obtain the _____ if you are not willing to address your thought life.

2. God's *choices* provide us with ample parameters to ponder — “*whatever things are...*” (4:8a)

- a. _____: *that which conforms to reality and is genuine, in contrast to a lie.*
- b. _____: *that which is worthy of respect and deserving of honor.*
- c. _____: *that which is right or just; those things which are in perfect harmony with God's eternal, unchanging standards as set forth in the Word of God.*
- d. _____: *that which is free from defilement or contamination.*
- e. _____: *that which portrays both a likable character to behold or consider; an admirable conduct highly valued among others.*
- f. _____: *that which is well-spoken of, highly regarded, and well thought of.*

3. God's overarching *challenge* in directing your thought life provide the protective guard rails to guide us — “*if there is ...*” (4:8b)

— *any ...*


- a. _____: *that which is morally excellent in fulfilling its intended purpose.*

— *anything ...*

- b. _____: *that which is highly commendable and worthy of praise.*

D. God wants you to COOPERATE with Him in Applying His Truth in Your Life

(vs. 9)

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

- 1. Consider your *reception* to the truth you have been taught — “*The things which YOU _____ and _____*”
- 2. Consider the *demonstration* of the truth that you have seen modeled — “*...and heard and _____ in ME.*”
- 3. Consider the *application* of the truth needed in your life — “*...these _____*”
- 4. Consider the *result of responding* to God's truth — “*and the _____ will be with you.*”