

One Mind: Stand Guard Over Your Thoughts
Philippians 4:5b-9

I. Take captive worrisome thoughts.

- A. Take on the _____ of turning them over to God in prayer.
- B. Tell him what is causing anxiousness in your life and _____ Him to meet the pressing need.
- C. Follow it up with _____ the Lord for what you already have, what He is going to do, and the peace you will receive.

II. Be proactive in guarding your thoughts.

- A. What is true? _____.
- B. What is honorable? Worthy of _____.
- C. What is just? _____ and fair.
- D. What is pure? _____ thoughts, words, and deeds?
- E. What is lovely: _____, winsome?
- F. What is commendable? _____, well-spoken of?

Since there is excellence and since there are things worthy of praise, focus on them. You'll not only have the peace of God (vs. 7), you'll have the God of peace (vs. 9) with you.

“We teach people to follow Jesus.”