

Peace of Mind – Phil. 4:6-9

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- I. Introduction
- II. Key Thought – This passage teaches four key ideas regarding where peace of mind comes from
- III. Peace of Mind comes from Handling Anxiety Properly
 - a. Anxious – troubled with cares;
 - i. We are commanded to be anxious elsewhere – 1 Cor. 12:25
 1. Less urgent sense of “care for; look out for”
 - ii. The problem is when anxiety takes away our peace of mind
 - iii. In essence, the command is don’t continue to worry about something
 1. For some, anxiety is a habit
 2. They either worrying about something
 3. Or worrying that they should be worrying about something
 - iv. Don’t let anxiety remain in your heart and soul
 - v. When you notice it is there...Resolve it
 - b. V. 6 – don’t be anxious for anything
 - i. The solution? Prayer in everything
 - ii. If it is bothering you, take it to God
 - iii. Even better, leave it there
 - c. 1 Pet. 5:6-7
 - i. Not prop your cares on God, then pick them up again
 - ii. Cast your cares on God
 1. cast – throw upon; place upon
 2. Like Jesus disciples casting their garments on the colt on which Jesus was to ride (Luke 19:35)
 - iii. To do this is to humble yourself before God
 1. It is prideful to act as though you can handle all your problems without God
 2. Stop it
 3. Or God may keep loading you up with cares until you finally humble yourself
 4. He cannot exalt us until we humble ourselves
 - d. Matt. 5: 25-34
 - i. Things we often are anxious about
 1. Food
 2. Clothing
 3. The Future
 - ii. Jesus says
 1. Concern yourself with God’s kingdom
 2. & All these things will be added to you
- IV. Peace of Mind comes from God

- a. There is no other source for peace
 - b. It passes all understanding
 - i. We may not understand it
 - ii. Those around us will definitely understand it
 - 1. How can you deal with what is going on?
 - c. I have the peace of God
 - d. It guards the heart and mind
 - i. Our concerns and burdens will wear us down
 - ii. Make us always tired, bitter and hard
 - iii. The peace of God protects us from that
 - iv. A military guard
 - 1. A watch against invasion
 - e. To have it, we must take our anxieties to Him – v. 6
- V. Peace of Mind comes from Healthy Mental Habits
- a. Our world can be a madhouse of millions of things vying for our attention all at once
 - i. Just the sheer volume of messages may make us want to crawl back under our covers and sleep until the world just quiets down
 - ii. If we do not post guard at the doors and windows of our mind, it will constantly filled with worthless nothings, or worse
 - iii. We are responsible for our thoughts
 - b. First of all meditate
 - i. We cannot live successfully, if we do not create time, space and quiet to think things over
 - 1. Meditation is the human equivalent of chewing the cud, except it is not grass, but thought over which we are ruminating.
 - 2. The word here means to count over, to deliberate, to consider or take into account
 - ii. Have you ever tried to balance your checkbook while five children are attempting to use you as a jungle gym?
 - 1. You can't do you accounts well with distractions
 - 2. You need to set some things aside so you can think
 - 3. It is the same with meditation
 - iii. Many people never allow conditions in their life, even in private which would permit them to meditate
 - 1. Cell phones
 - 2. Televisions
 - 3. Radios
 - 4. Busy restaurants
 - 5. Tweeting/texting
 - 6. Web browsing
 - 7. Small talk
 - 8. All push aside quiet time between oneself and God
 - 9. We need to make room
 - c. And when we are thinking, what do we think about

- i. Good things
 - ii. If you don't have an internet filter, you need one
 - iii. If you don't have a mental filter, you need this one
 - 1. Keep evil from your mind
 - 2. Turn it off, turn away
 - 3. Don't let it dwell there
 - 4. Consciously, habitually, replace it with good things
 - iv. If we do this will it increase our peace of mind? **ABSOLUTELY!**
- VI. Peace of Mind comes from Practicing Godliness
 - a. Paul was able to say, I showed you exactly what I meant when I was with you
 - i. Can we say that to others?
 - ii. Will living in a godly, unanxious way, casting our cares on God and allowing only good and noble thought to dwell in our minds cause us to live with the peace of God?
 - iii. **ABSOLUTELY**
- VII. Conclusion
 - a. Jesus is the prince of peace
 - i. He intends for his disciple to have peace
 - 1. John 14:27
 - 2. John 16:33
 - ii. Do you have the peace of Christ?
 - 1. You cannot have peace of mind while you are at war with God
 - 2. Humble yourself under the hand of God so that he may exalt you in due time. Casting all your cares on him, because He cares for you.
 - b. Invitation