



# WHAT'S ON YOUR MIND?

TEXT: PHILIPPIANS 4:6-9

Sermon by Ray Reynolds (5-3-09 - AM)

INTRODUCTION: What do you worry about? What do you think about everyday? The things that weigh heavy on our mind will affect our lifestyle and our actions. I want us to spend some time this morning in reflection . . .

## DISCUSSION:

- I. DON'T BE PERPLEXED (v.6)
  - Luke 10:38-42 = Jesus said, "Only one thing is important" (NCV).
  - Proverbs 12:25 says, "Anxiety in the heart of man causes depression, But a good word makes it glad" (NKJV).
  
- II. SPEND TIME IN PRAYER (v.6)
  - I Thessalonians 5:17 says, "pray continually" (NCV).
  - Romans 12:12 says, "be constant in prayer" (ESV).
  
- III. FILL YOUR HEART WITH PRAISE (v.6)
  - Joel 2:26 says he has dealt "wondrously" with us (NKJV).
  - Psalm 150 declares that every creation should praise the Lord.
  
- IV. SEEK OUT THE PEACE OF GOD (v.7)
  - Romans 16:20 says, "The God of peace will soon crush Satan under your feet. The grace of our Lord Jesus Christ be with you." (ESV).
  - I Thessalonians 5:23 says, "Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ" (ESV).
  
- V. LIVE A LIFE OF PURPOSE (vs.8-9)
  - Two basic essentials: Meditation (v.8) and Imitation (v.9).
  - Proverbs 23:7 says, "As a man thinks in his heart, so is he."
  - Paul encourages us to imitate him as he imitated Christ (I Corinthians 4:16, 11:1).

CONCLUSION: Where do you find yourself right now? Listen to vs.11-13 and see why Paul penned these words for us to hear. Paul kept his mind on things that would build him up and encourage him to press on. Will you learn it? Will you live it? Will you follow this same pattern in your life?

WORD OF THE DAY = "Lord"