

Confidence in God
Part 2
What Controls our Mind?
Philippians 4:6-9

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One of the greatest lessons of life is to learn not to be controlled by circumstances. Our attitudes and actions should be controlled by the Lord: not our circumstances. We need to practice what the Scriptures teach about self-control. We are not responsible for every thought that comes into our head. We are responsible to remove everything that should not be there.

We can determine where our mind goes and what controls it. This is incredibly important because what we think about determines what how we feel. And how we feel will affect how we act. And how we act will give a testimonial as to who we are. It will determine what we view as important and unimportant. In extreme cases it can make us feel ill.

Getting control of our mind by the Spirit of God is vitally important to our Christian life. In Philippians 2:5 we are told to have the mind of Christ. We must learn to think like Jesus did when He was here on this earth. That will give us something to work on. Let's look at our text now.

1. The problem – be careful for nothing

A. Definitions

- a. Careful = to be worried, to be anxious
- b. Nothing = not even one, no, not at all

B. Depicted

- a. Our focus needs to be on the Lord
 - i. Peter walked on the water when the Lord was his focus
 - 1. Sunk when he looked at the waves
- b. Our faith needs to be focused on the Lord
- c. Our friendship needs to be focused on the Lord

- d. Our family needs to be focused on the Lord
2. The prayer – in everything by grace...made known unto God
- A. We are to pray about everything
 - a. Model prayer in Matthew 6
 - i. Reverence
 - ii. Confession
 - iii. Forgiveness
 - iv. Requests
 - b. Don't gripe about others
 - c. Take our desires to the Lord
 - B. We are praise God about everything
 - a. Try to give thanks before the Lord answers our prayers
3. The protection v.7
- A. Peace is vitally important to the Jewish people
 - a. Shalom Aleichem = peace be unto you
 - b. Shalom – safe, happy, well – and it's translated peace
 - c. Jews live in a time near constant war
 - B. Promises of the Lord
 - a. John 14:27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.
 - b. Colossians 3:15 And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.
 - i. The word peace here is the word where we get our English word "umpire"

C. Preservation of peace

- a. Keep = garrison, military term
- b. Garrison can be a fortress or a protected place

4. The purpose – think on these things

A. We determine what we think about

- a. Directives from the Lord
- b. Duty is to focus on these

B. We demonstrate what we think about

- a. What is in us comes out of us
- b. When we control our thoughts we guard our heart

5. The proclamation – those things ... seen in me do

A. Truth that we internalize changes us

- a. Knowing facts is not the same as changing
- b. Knowing what should be done is not the same as changing
- c. Knowing and doing will change us

B. Truth must be learned

- a. We must learn academic facts
- b. We must learn how to apply them to our life

C. Truth will set us free

- a. John 8:32 And ye shall know the truth, and the truth shall make you free.
- b. John 8:36 If the Son therefore shall make you free, ye shall be free indeed.

- 6. The product – the peace of God
 - A. Peace is not determined by circumstances
 - B. Peace is determined by relationship
 - a. Our relationship with the Lord
 - b. Our relationship should be continually growing