

Philippians 4:8-9

Anxious for Nothing Part 3

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. 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.

A Grandpa took his 10 year old grandson on a little road trip to see the Grand Canyon.

A) They arrived and took in the Massive Canyon view! Both were very impressed but in different ways.

B) The Grandpa – texted his wife to let her know that they made it and he wrote this to share his thoughts about the GC: "Today I've seen the handiwork of God. I've seen God as He put colors on His palette, and God as He took His fingers and sculptured a masterpiece." And, he went on, in grandiose words, to describe the Grand Canyon.

C) His 10 year old grandson texted his mother these words "Guess what, Ma? Today I spit a mile."

D) It is all about Perspective isn't it!

1) Many things in life are all about Perspective

We have spent the last two weeks camped out in this section of Philippians where Paul addresses the subject of ANXIETY

A) Overwhelming response from many of you – that these messages have been helpful.

B) In the first two studies we considered what Paul told us about having Victory over Anxiety

C) Today we are going to finish that Conversation by discussing how to MAINTAIN that victory – Focus on V. 8-9

We noted that the word – 40 million Americans suffer regularly from Anxiety issue

A) Anxiety comes from two Greek words that mean to Divide the mind.

B) That is what Anxiety does – it gets our hearts and **minds divided in our focus** – Minds going in too many directions –

C) Playing the what if scenario – Results in Consternation, frustration and Distraction

1) **Double minded ... unstable**

Today is Fathers day – I prayed about doing a FD message

A) Especially since statistically - more women struggle with Anxiety than men.

B) But that is deceiving too because Men internalize much more

1) Pressure today of provision and taking care of a family are huge –

2) **Anxiety issues amongst men are growing –**

C) So the Lord kept me here – Finish this study – because what Apostle Paul puts before us today is not only – **great for insight on how maintain Victory over Anxiety**

D) But also – Great insight to make you a man that is worth following!

1) Great insight in leading your family

Notice V.9 . ⁹ The things which you learned and received and heard and saw in me, {Example these do, and the God of peace will be with you.

A) Men you want to be able to say that for your kids as well.

B) Too often men say: Don't do as I do – Do as I say!

1) That doesn't get you very far – especially when kids get into their teen years

C) This is what we are going to learn today – What we do is connected to How and what we think!

D) Thinking and Doing – go hand in hand!

Maintaining Victory over Anxiety is connected to controlling our thought life!

A) We all think a lot – Neuroscientists tell us that the average person thinks 70,000 thoughts every single day. 70,000!

B) Which means, in a year's time you will have produced 25.5 million thoughts.

C) No wonder we get headaches our brains our working over time.

D) A big part of the Battle we face is in our brains – it has to do with our thought life

E) We are bombarded everyday in our thought life – from the world – the enemy –

1) Life's pressures – our fears - We need to learn how to Harness our thoughts

"⁴ For the weapons of our warfare are not ^[a] carnal but mighty in God for pulling down strongholds, ⁵ casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ." - 2 Corinthians 10:4-5

Part of winning the Battle against Anxiety is learning to take every thought captive to the obedience of Christ!

A) It starts with how we think and what we think about!

Paul said in Romans 8:5 "Those who live according to the flesh set their mind on the things of the flesh. Those who live according to the Spirit set their minds on the things of the Spirit."

B) What we think about and How we think are important to life and our spiritual Health!

C) Paul gives us insight into what and how to think

V.8 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

How do we maintain Victory of Anxiety?

A) Thinking Rightly: Whatever is true:

B) John the Baptist – Dungeon of Doubt – Go ask Are you the Christ

1) John – One coming after me greater....

C) John – River – Behold the lamb

1) John – I must decrease he must increase

Now John is having 2nd thoughts!

A) He is in Prison – if Jesus is really the Messiah – why am I in this situation ? Understandable

B) So his disciples come to Jesus – Excuse me Jesus – John sent us – his question not ours – **Are you the one Look for another?**

C) Go and tell John the things that you have seen and heard – blind see the dead our raised the lame walk –

1) Gospel is preached

D) Translation: **John don't focus on what I am not doing – focus on what I am doing**

1) Don't listen to the lies of your heart – listen to what you know is true!

Paul in Ephesians 6 Spiritual Warfare.

A) Battle not with flesh and blood but principalities Satan hurls at us fiery darts - THOUGHTS

B) First piece of Armor is the Belt of truth!

1) Focus is not being truthful – but knowing the truth about Who Jesus is – the truth about who you are in Christ

C) Every other piece of Armor is connected to that

Satan comes with lies and we combat them with the truth

A) He is the accuser of the brethren – Jesus is our Defense attorney

B) We need to focus on meditate on – What is true

1) And Just like all the armor is connected to the belt of truth

C) here in V.8 Each description is connected to the phrase whatever is true-

1) Which means we need to know the truth! -

D) Know what you believe and why you believe it

E) Need to Know who you are in Christ? – Spiritual identity – study

This is ALSO so important because we live in a world – that says there is no such thing as absolute truth

A)What is true for you might not be true for someone else –

B)Everything is relative – everything is circumstantial

C)Feelings trump truth – the questions people grapple with today are not – **is it true but how does it make you feel ?**

D)Too often today – this is the advice we hear – **Just follow your heart**

1)That is Dangerous – you know why? The Bible says “the heart is deceitful above everything else, and desperately wicked. Who can know it?” Jeremiah 17:9

E)Your heart will deceive you – You need to **KNOW THE TRUTH** in order to stand on the TRUTH

Truth is found in the pages of God’s word!

A)Favorite - Psalm 19:7-10 A declaration about God’s word that is followed by a promised affect NLT

7 The instructions of the Lord are perfect, **reviving the soul.**

The decrees of the Lord are trustworthy, **making wise the simple.**

8 The commandments of the Lord are right, **bringing joy to the heart.**

The commands of the Lord are clear, **giving insight for living.**

9 Reverence for the Lord is pure, **lasting forever.**

The laws of the Lord are true; each one is fair.

10 They are more desirable than gold, even the finest gold. They are sweeter than honey, even honey dripping from the comb.

B)Maintaining Victory over Anxiety starts with How we think

1)Thinking rightly – Direction from God’s word – not culture

Whatever things are Noble - I love this word. It means worthy of respect, dignified, worthy of awe.

A)It's the opposite of common, mundane. These are lofty thoughts

B)Remember David- comes on the scene there with Goliath

1)The whole Army of Israel is full of ANXIETY – no one wants to fight the guy

C)David comes on the scene with a whole different perspective

1)Who is this uncircumcised.....

Why did David see the Situation so differently?

A)Well according to Reese Chronological Bible – David wrote Psalm 19: 1 **The heavens proclaim the glory of God. The skies display his craftsmanship.**

2 Day after day they continue to speak; night after night they make him known.

B)As well as Psalm 8:1-4 **O Lord, our Lord, your majestic name fills the earth! Your glory is higher than the heavens. 2 You have taught children and infants to tell of your strength, silencing your enemies and all who oppose you.**

3 When I look at the night sky and see the work of your fingers— the moon and the stars you set in place—

4 what are mere mortals that you should think about them, human beings that you should care for them?

C)David saw the situation from an entirely different perspective **because** he had been meditating on the greatness and glory of God

So Thinking rightly Involves... Whatever is true – whatever is Noble – awesomeness of God

A)Whatever things are just-- that's a word that means right or righteous.

B)Once again – Connected to the truth - The scripture shows you how to walk the righteous path.

1)Psalm 119-- David said, **Your Word is a lamp to my feet, it's a light unto my path.**

All Scripture *is* given by inspiration of God, and *is* profitable for doctrine, for reproof, for correction, for instruction in righteousness, ¹⁷ that the man of God may be complete, thoroughly equipped for every good work. 2 Timothy 3:16

C)Insight from WW - “God’s word is profitable for **doctrine** (what is right), for **reproof** (what is not

right), for **correction** (how to get right), and for **instruction in righteousness** (how to stay right).”

D)So whatever is just and right -

Whatever is Pure: that means wholesome. It means morally pure-- it's the opposite of smutty.

A)David said, Psalm 119:9 **how shall a young man keep his ways pure--** then he answers his own question-- **by taking heed according to Your Word.**

B)You've heard the name John Bunyan. He wrote Pilgrim's Progress.

1)He was put in jail for his faith.

C)In the front of his Bible he wrote this, either this book will keep you from sin or sin will keep you from this book.

Sometimes I meet people who say- I don't read the Bible because it is full of contradictions – Really?

A)Hand them my Bible show me one

Aa)They can't – or they show me something that is easily explained

B)You know what the real issue is – the Bible contradicts their lifestyle – it challenges how they want to live

Like **Mark Twain used to say, it's not the things I don't understand in the Bible that bother me, it's the things I do understand that bother me.**

C)God's word has the power to transform our lives for the better if we let – Meditate on these things

D)So whatever things are true, whatever things are noble, whatever things are just, whatever things are pure,

Next up - whatever things are lovely,

A)“Lovely” means “beautiful, attractive.” But it can also be translated – calls forth love – leads to love -

B)How do you think about others?

1)Paul 2 Corinthians 5 – Choose to know no man after the flesh

C)See them either in Christ – a brother or sister –

See them in Jesus – see what they can be

1)Focus on the positive – How the church would change overnight if we did this

D)Marriages would be drastically altered –

1)Guy who was discontent with his wife – More outgoing - Cook –Clean – Mom – Sex

Whatever is of a good report? “worth talking about, appealing.”

A)People who just choose to see the best in others

B)Write down everything that you admire about your spouse – your church vs everything you dislike.

C)This is not a pie in the sky mentality – Everything is rosy – posy

1)Jesus wants us to live in reality

D)The reality is we live in a broken world – full of sin corruption, perversion, and tension

1)But there is HOPE – HIS NAME IS JESUS

E)Be HOPE DISPENSERS! –HOPE ENANTORS

Whatever is of a good report? “Worth talking about, appealing.”

A)Might need to watch a little less Fox news or CNN

B)The news is depressing – just a daily reminder of what is messed up in this world – country

1)I don't need to be reminded of that every day!

C)But I want to be a person who sees the good in others – sees the potential in others –

1)Why? Jesus did that for me! YOU!

PAUL SUMS THIS ALL UP WITH THESE WORDS-

if there is any virtue and if there is anything praiseworthy—**meditate on these things**

A)So that is the first step to how you maintain Victory over ANXIETY – it is about HOW you think – WHAT

B)But it is not just thinking it is also doing! V.9

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

C) **THESE DO** - It is one thing to know the truth – to know what is right – it is another thing to do it!

1) Right thinking leads to RIGHT LIVING

James be doers of the word.... Only

The Parable of the two builders!

A) Sand- heard but didn't apply – storms of life – storms of Anxiety his house crumbled

B) The man who built his life on the Rock – Hears the word and puts it into practice

William Penn. Some of you recognize the name. He was the founder of the Commonwealth of Pennsylvania-- it was named after William Penn.

He was negotiating with the Delaware Indians for a parcel of land to make an exchange for, and they agreed that whatever land William Penn could walk around circumnavigate on foot in a day, could be his.

The next day, William Penn sent one of his young men at daybreak with a map to walk around until sunset. They came back and had encompassed 40 miles-- had the map, had the little markers to show it—

Penn proceeded to go to the chief of the Delaware Indians with the map – and the chief was shocked that they actually did that. – walked that far

He made the promise that he would give them land if they walked but he didn't expect them to do that, or at least that far but he made a promise. The chief honored that

And that 40 miles became-- what is today-- the greater part of Philadelphia, Pennsylvania.

That little illustration simply points out, here's a guy who simply acted according to a promise.

A) There is a promise-- you said it.

B) You know, William Penn could have listened to the promise and gone, oh that's good.

1) Hallelujah. I'm writing that down. I'm underlining that. I'm memorizing that

C) He said, I'm going to walk that. I'm going to walk that out.

D) I wonder how many promises of God lay in these pages, untried, not walked.

My Point it is not just about THINKING the truth – but it is about DOING IT!

A) That is how you maintain victory over Anxiety

B) And that is also how you set a great example for others – for your family – kids

1) THINKING AND DOING

C) Everyday – Choice – Am I going to consider God's truth?

1) Am I going to DO God's truth

D) Issue: The more you ignore the more hardened your heart gets

1) Harder the heart the more miserable and unstable the life

Paul Acts 9 – 3 things that marked his Success

- Passion- Who are you Lord? – Truth of Jesus
- Pursuit – What do you want me to do?
- Practice – He responded immediately -

E) Great example to Follow –

So If I were to sum up what Paul has been saying in these verses the last 3 weeks –

A) If I were to put it into one thought it would be this

**I am going to take everything that I know to be true, Noble, right, pure, Lovely about God
I am going to Act on those REALITIES in every situation in my life where Anxiety comes knocking**

Act by rejoicing in the greatness of God

Focus on the Master – Mess

Act by bringing my concerns to Him instead of trying to carry them myself

C) Result is going to be Anxiety is going to flee

1) The God of Peace is going to fill my heart with His peace

D) The Peace that surpasses all understanding