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Week 4

STAY TRUE!

¹ Therefore, my dear brothers and sisters, stay true to the Lord. I love you and long to see you, dear friends, for you are my joy and the crown I receive for my work. **Philippians 4:1 NLT**

- Paul is referring back to the end of chapter 3.

²⁰ But we are citizens of heaven, where the Lord Jesus Christ lives. And we are eagerly waiting for him to return as our Savior. ²¹ He will take our weak mortal bodies and change them into glorious bodies like his own, using the same power with which he will bring everything under his control.

Philippians 3:20-21 NLT

- We are citizens of heaven so live like it and stay true to the Lord!
- Sometimes we are lured away and sometimes we drift away.

¹ So, we must listen very carefully to the truth we have heard, or we may drift away from it. ² For the message God delivered through angels has always stood firm, and every violation of the law and every act of disobedience was punished. ³ So what makes us think we can escape if we ignore this great salvation that was first announced by the Lord Jesus himself and then delivered to us by those who heard him speak? ⁴ And God confirmed the message by giving signs and wonders and various miracles and gifts of the Holy Spirit whenever he chose. **Hebrews 2:1-4 NLT**

- We can become complacent or lazy.
- If you're not growing, you're drifting.

HOW WE THINK SHAPES HOW WE LIVE.

⁴ Always be full of joy in the Lord. I say it again—rejoice! ⁵ Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

⁶ Don't worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. **Philippians 4:4-7 NLT**

OUR MIND IS THE BATTLEFIELD.

- 75 to 98% of mental, physical, and behavioral illness comes from one's thought life.
- 8-60,000 thoughts a day and 80% are negative.
- Joy is not based on circumstances but found through faith in Jesus.
- Paul calls us to pray with thanksgiving rather than worry.

THE GOOD NEWS IS WE HAVE A CHOICE!

- As a Follower of Jesus, you can consciously choose your thoughts and replace ungodly lies with scriptural truths.

⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ⁹ Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. **Philippians 4:8-9 NLT**

- We have to focus on what we believe, not what we feel.
- What are you feeding your mind?
- If you want peace you must focus on truth.

² Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. **Romans 12:2 NLT**

CONFIDENCE IN JESUS LEADS TO CONTENTMENT IN LIFE.

¹⁰ How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn't have the chance to help me. ¹¹ Not that I was ever in need, for I have learned how to be content with whatever I have. ¹² I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. ¹³ For I can do everything through Christ, who gives me strength. ¹⁴ Even so, you have done well to share with me in my present difficulty. **Philippians 4:10-14 NLT**

- Christ's strength, not external comfort, is what allowed Paul to be content no matter the circumstance.

¹⁸ At the moment I have all I need—and more! I am generously supplied with the gifts you sent me with Epaphroditus. They are a sweet-smelling sacrifice that is acceptable and pleasing to God. ¹⁹ And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus. ²⁰ Now all glory to God our Father forever and ever! Amen. **Philippians 4:18-20 NLT**

- God uses us to meet the needs of others.
- It pleases God when we give with the right heart.