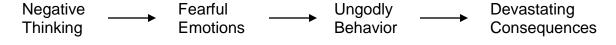
Introduction: Are you feeding or starving your fear?

University of Tennessee – 12 year study:

Psychologically: "We are what we eat"



OR

Summary: Science and Scripture agree

1.	We are a product of our		life.	Proverbs 23:7
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- 2. Our _____ flow from our thought life. Romans 8:6
- What we allow to enter our mind is the most important
 we make each and every day.

Romans 12:2



Question: How can we choose peace in a broken world?

Answer:

⁸ Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

⁹ The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

Philippians 4:8-9 (NASB)

Command #1:	on these things	Philippians 4:8
True: Objectively true, that which co	onforms to reality vs. things	
that are deceptive, illusions that pro	omise peace and happiness.	
Pre-view question: Is this _	or	?
Honorable: "Sober", "serious", "wo	rthy of respect", "inspires awe"	– it refers
to those things which reflect the we	ighty purposes of a believer's li	fe.
Pre-view question: Does th	nis or	?
Right: "Righteous"; used in New Te	estament to refer to the Father,	Jesus,
God's actions, God's character. It p	ictures doing what is right wher	tempted.
Pre-view question: Is this n	norally or	?



Romans 12:2

Pure: From the same root word as "holy." It means free from defilement; sexual and moral purity in thought, word, and deed. Pre-view question: Will this _____ or my soul? Lovely: "Attractive", "winsome", "beautiful"; it pictures those things that call forth a response of love and warmth within us vs. bitterness, criticism and vengeance. Pre-view question: Will this _____ or _____ my heart? Good Repute: That which is "commendable", "gracious", "admirable"; it literally means "fair speaking." It describes the things which are fit for God to hear vs. ugly words, false words, and impure words. Pre-view question: Could I _____ this to someone who looks up to me? Summary: Virtue and/or Praise: A summary of sorts to "think on" anything that has moral excellence and will inspire and motivate us to love God and others... Command #2: Habitually ______ these things... Philippians 4:9a • Learned... Received: Appetite and application Heard... Saw: Instruction and modeling **Why?** Your thought life determines your . . **Romans 8:5-8**



How? The principle of mind ______.

I Choose Peace (Part 3)

In a Broken World Philippians 4:8-9

Promise: The God of peace	(shalom) will be	•	Philippians 4:9b

21 Minutes that will change your life:

1.	Read: The Bible	10 minutes
2.	Pray: Talk with God	7 minutes
3.	Listen: Sit quietly and listen	3 minutes
4.	Apply: One specific truth/serve someone	1 minute

Discussion Questions:

- 1. How does our thought life affect our emotions?
- 2. How would you describe the <u>quality</u> of your thought life? What adjustments do you sense God would have you make in what you **view**, **read**, and **think**?
- 3. Why is **habitual practice** of the truth so vital if we are to experience <u>God's peace</u>? Why does" duplicity" create <u>stress</u> and lack of peace in our lives?
- 4. What <u>insight</u> has God given you today to help you experience His **peace** in your life? How will you choose to cooperate with God's process in your life? Who will help you?

Resources:

Reclaiming the Lost Art of Biblical Meditation
Good to Great in God's Eyes
Topical Memory System

by Robert Morgan by Chip Ingram (Chapter 1 – "Think Great Thoughts") by The Navigators Press

