

Introduction: Are you feeding or starving your fear?

University of Tennessee – 12 year study:

Psychologically: “We are what we eat”

Negative Thinking → Fearful Emotions → Ungodly Behavior → Devastating Consequences

OR

Positive Thinking → Peaceful Emotions → Godly Behavior → Fruitful Consequences

Summary: Science and Scripture agree

1. We are a product of our _____ life. Proverbs 23:7

2. Our _____ flow from our thought life. Romans 8:6

3. 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 conforms to reality vs. things that are deceptive, illusions that promise peace and happiness.

Pre-view question: Is this _____ or _____?

Honorable: “Sober”, “serious”, “worthy of respect”, “inspires awe” – it refers to those things which reflect the weighty purposes of a believer’s life.

Pre-view question: Does this _____ or _____?

Right: “Righteous”; used in New Testament to refer to the Father, Jesus, God’s actions, God’s character. It pictures doing what is right when tempted.

Pre-view question: Is this morally _____ or _____?

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 _____. Romans 12:2

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 quality 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 God's peace? Why does "duplicity" create stress and lack of peace in our lives?
4. What insight 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

