

REFOCUS

Refocus Your Thinking

Philippians 4:6-9

Don't Worry About Anything

Philippians 4:6 Be careful for nothing; ...

- Apostle Paul writes to the Philippians, “*be careful for nothing*”
- Worry is being preoccupied with your *present or future* problems
- Worry is a distraction that undermines our faith
- When we worry, we are focusing all our thinking and energy on all the ways things can go wrong or have gone wrong
- The majority of the things we worry about *never* happen
- Only 8% about what you worry about is a legitimate concern
- At the root of worry is a lack of trust in God’s ability to care for you and His sovereignty
- Worry is not to be a part of our lives as believers
- Paul says, don’t worry about *anything*, but pray about *everything*
- But the Philippians had every reason to be worried
 - They were living under severe persecution and they were struggling to live; they needed food, clothing and shelter
- When you’re in a spot like the Philippians, it’s hard not to be anxious worried, and your problems consume your thoughts
- Jesus commands not to be anxious, worried and fretful about our needs being met because of the impact anxiety and worry have on our minds
 - ***Matthew 6:25 (KJV) 25 Therefore I say unto you, Take no **thought** for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. ...***
 - ***Matthew 13:22 (KJV) 22 He also that received seed among the thorns is he that heareth the word; and the **care of this world**, and the deceitfulness of riches, **choke the word**, and he becometh unfruitful.***
- The cares of this world choke the word
- When we are consumed with worry, anxiety, etc., it literally chokes off the word of God from our minds where we only think about problems and not how the Word of God can solve our problems
- Worry and anxiety come from two areas of our lives; *wrong feelings* and *wrong thinking*
- How do we remove worry from our minds?

Pray About Everything

“...but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.”

- Instead of worrying and fretting about everything, you must *pray* about everything
- “*Every thing*” that happens in our lives is an appropriate subject for prayer
- Pray about everything because God is concerned about *every area* of your life
- Paul give us three ways to pray:
 - *Prayer* – A general word for making our requests known to God. It suggests adoration, devotion and worship.

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- *Supplication* – Is sincere and earnest plea to God about your situation. You are sharing with God what you're dealing with
- *Thanksgiving* - Is showing *appreciation* to God for the answer
- In your prayers, you're making *specific and definite* requests; our praying is not to be general, but specific
- We are to take *everything* to God in prayer
- Don't put a limit on God by praying only about the "big stuff"
- Turn *all* your worries into prayers!

The Promise: Peace in Our Mind

[7] And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

- As we pray, God will begin to infuse our minds with His *peace* and His *presence*
- Through prayer, God is giving us peace to walk through and conquer any problem, trial, temptation, and the worry, anxiety associated with it
- The *peace of God* means to be bound, joined or woven together
- The peace of God:
- It isn't that God's peace is impossible to understand, but that it is beyond our ability understand and to explain - therefore it must be ***experienced***.
- Peace keeps our hearts and minds, it serves as a *guard* or a peace-keeper for our hearts and minds
- The peace of God *stands guard* over the two areas that cause worry; our heart and our mind

Think on These Things

[8] Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

- To experience God's peace, we must pray and we must also refocus our thoughts until they shape our behavior
- If our minds focused on the things of this world and the flesh, our actions are going to base on those thoughts
- That kind of thinking leads to worry and restlessness
- When we accepted Jesus, our mind was renewed by the Spirit of God ***Romans 12:2 (KJV)² And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.***
- We must refocus our thinking to whatever is:
 - *True* – real and genuine
 - *Honest and just* – worthy of respect, right and fair

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- *Pure, lovely, and of a good report* – morally pure, beautiful, worthy of talking about and telling others about
- *Virtuous and praiseworthy* – things that motivate us to do better and commending to others
- *Think on these things* means to; meditate, concentrate, focus on the *positive* things
- Paul's view of thinking on *positive things* is *not* the same as the world's view
- Worldly "positive thinking" focuses on self-affirmation, material success, accomplishments, while positive thinking according to the Bible is rooted in virtues that agree with God's word
- Biblical positive thinking is born out of our relationship with God and a personal trust in His promises
- Even when life is challenging, we remain positive because even in trials there are opportunities for spiritual growth, greater trust in the sovereignty and guidance of God
- Being spiritually positive offers us lasting peace and joy, that's rooted in the unchanging character of God
- Our positive outlook is *woven* in the truths found in the Word of God

The God of Peace Will Be With You

[9] Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.

- How do we refocus our thinking?
- By pouring in the word of God every day
 - What Paul preached and taught was the will of God, therefore, the source of right thinking is the Word of God ***Colossians 3:16 (KJV) 16 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.***
 - The Word of God will serve as a monitor for wrong thinking ***Psalms 119:165 (KJV) 165 Great peace have they which love thy law: and nothing shall offend them. (i.e., make them stumble)***
- Having a godly example to follow, "***Those things, which ye have both learned, and received, and heard, and seen in me, do...***"
 - Paul was a worthy example to follow because his thoughts and actions were a product of godly thoughts ***Philippians 3:17 (NLT) 17 Dear brothers and sisters, pattern your lives after mine, and learn from those who follow our example.***
- Paul is saying to the Philippians all that that they have learned, received, heard and saw personally in his life, they are to put into practice
- Keep doing what you learned and received
- When don't worry about anything, and pray about everything, and think on the right things, *the God of peace* will be with us
- No worries, just peace in the presence of God!