

You can't evict anxiety without bringing in a new tenant.

Move to Action

4 verbs in 2 pairs

learned & received ⇒ instruction into life

heard & seen ⇒ observation showing how to live

Point: **practice** these things

Result: *God of peace will be with you*

personification

Take it Home

Engage Joy, pt 25 Give Anxiety the Boot, pt 2

Philippians 4:8-9

How do you deal with your thoughts?

As a man thinks in his heart, so is he. (Prov 23.7)

Review (4:6-7)

Need: replace anxiety with God's peace

Challenge: how do I make the switch?

= through concerted prayer bathed in thanksgiving

Provision: God's peace will guard your heart & mind

Stock the frig properly (4:8)

An 8 course meal that leads to peace

Dwell = ponder; think about; (logic)

Don't check your brain at the door; just engage it in deep, persistent, thought.

Diet

true = valid; reliable; opposite of false

⇒ honest, open to all

honorable = worthy of respect

⇒ serious; reverent; not flippant

right = upright; just; morally correct

⇒ emphasizes right conduct

pure = moral purity; chaste

⇒ separate; clean

lovely = beautiful; attractive

literally, toward love

⇒ opposite of strife, hostility, bitterness

good repute = speak well

⇒ worth talking about; praiseworthy

"If it's not worth saying, don't repeat it."

Paul goes farther! Don't even **think** on it!

excellence = that which motivates us to do better

⇒ achieves the intended purpose or end

worthy of praise

⇒ valuable enough to commend to others

How do I do this?

Colossians 3:16; Psalm 19:7-10

- **dwell** with the Word
- **value** the Word
- expect the **benefit** of the Word