# *Guarding Your Mind – 6*
# *Possessing A Discerning Mind*
# *Philippians 4:6-9*

***PEACE…is a DREAM people Seek…a GOAL people Pursue & a HOPE many people Search for but Never Find…***

***The ONLY Permanent PEACE available to us is the PEACE of God that comes from the God of PEACE.***

***WE are Responsible for maintaining an Intimate Relationship with God so we can Have the PEACE we Seek.***

## 1. THE PROBLEM: WORRY (6a)

- ***90%*** of what we ***Worry about Never Happens…***
- When we ***Worry Excessively***, the ***BODY Reacts*** as if the event ***ACTUALLY Happened…***
- Paul was ***Offering*** the ***Philippians believers*** a ***Diagnosis*** from our ***Great Physician***…

## 2. THE PRESCRIPTION: PRAYER (6b)

- ***Paul's Prescription*** was to ***PRAY about EVERYTHING…***
- ***PRAYER***
- ***SUPPLICATION***
- ***REQUESTS***
- ***THANKSGIVING***

## 3. THE PROGRAM: RIGHT THINKING & RIGHT ACTION. (v.7-8)

- ***To Avoid Anxiety, We Must Think Proper THOUGHTS.***
- ***Think About TRUE Things…***
- ***Think About NOBLE Things….***
- ***Think About JUST Things….***
- ***Think About PURE Things…***
- ***Think About LOVELY Things…***
- ***Think About Things of GOOD REPORT…***
- ***To Avoid Anxiety, We Must Also DO The Proper THINGS*** *(v.9)* ***"THESE DO!"***

## 4. THE PROMISE: PEACE (v.9b)

- *Paul begins by explaining* ***God's PROTECTION*** (v.7)
- *Paul continues by explaining* ***God's PRESENCE*** *(v.9b)*
- *Paul concludes by explaining* ***God's PEACE*** *(v.7a)*
- ***The ONLY PEACE*** that ***CANNOT Go Away*** is the ***PEACE of God.*** *(John 14:27)*