

Delight in the Lord - Study 4

Good thinking

Rejoice, Pray, Think on What is Good, Take Action

Philippians 4:4-9 NLT

- **“Always be full of joy in the Lord. I say it again—rejoice!** Let everyone see that **you are considerate in all you do.** Remember, the Lord is coming soon.
 - Life circumstance does is not always happy. In fact Jesus said we would have trials and sorrows in this world but not to worry because He has overcome the world. How do we rejoice when we are in a sorrowful situation?
 - In the sermon I mentioned that when I look to God then joy comes up inside me. So how do we look to God in our everyday lives? Sometimes our lives feel full of many things that carry us away from God. What methods work for you to turn your focus back on God?
 - When we are caught in our circumstance and overwhelmed by our situation we often are self focussed and are not considerate of others. On the other hand when you rejoice you will find yourself considerate of others around you.
- **Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.**
 - Anything and everything are absolute words. To worry is to forget that your Father never leaves you or forsakes you and has only the very best planned for you.
 - When you do remember that God is for you then you pray instead of worrying.
 - Notice also the scripture talks about thanking Him for all He has done. This can turn your thinking around when you are confronted with a challenging situation.
 - This type of prayer is an always everyday type of prayer. How does that work for you?
- **Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.**
 - Our hearts and minds are a real battlefield at times, they need to be guarded. Here we see God’s peace does the guarding. This is not a peace we generate for ourselves, it is a peace that comes from God.
 - My people play in the accusers paddock. They live in conflict with each other, accusing each other and they live outside of peace.
 - Peace can be like an indicator of your condition. I find if I am out of peace that I am living out of my own flesh and have stepped into worry and am not bringing my life to God in prayer.

- And now, dear brothers and sisters, one final thing. **Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.**
 - So have you decided to actually do what Holy Spirit is telling us to do here through Paul? Or do your thoughts tend to wonder onto that which is not of God which is false and ultimately filthy?
 - We often find it easier to talk about what is going wrong, what is not good.
 - Have you ever journaled your thoughts? Try thinking on what is good and writing down the good things about God.
 - Let's challenge each other to fix our thoughts on that which is good.
- **Keep putting into practice** all you learned and received from me—**everything you heard from me and saw me doing. Then the God of peace will be with you.**"
 - Are you happy with the fruit God is producing in your life?
 - God has put people around us that are walking the path with Jesus that we can learn from and emulate their way of living.

Philippians 2:13-18 (NLT)

- **13 For God is working in you, giving you the desire and the power to do what pleases him.**
 - Notice here that God gives us the desire to follow Him.
 - We can relax and trust God. We can live in peace and the righteousness that Jesus has given me.
- **14 Do everything without complaining and arguing, 15 so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.**
- **16 Hold firmly to the word of life;** then, on the day of Christ's return, I will be proud that I did not run the race in vain and that my work was not useless. **17** But I will rejoice even if I lose my life, pouring it out like a liquid offering to God, just like your faithful service is an offering to God. And I want all of you to share that joy. **18** Yes, you should rejoice, and I will share your joy.

Rejoice in the Lord