

# Food For Thought

August 28, 2015

## Philippians 4:4-13

*Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.*

Which situations typically threaten your joy most often?

## Isaiah 26:3

*You will keep in perfect peace those whose minds are steadfast, because they trust in you.*

When thoughts of worry and anxiety begin to creep in on you do you tend to counterpunch with the weapons of Scripture? Or are you more of a stable target?

## 2 Corinthians 10:5

*And we take captive every thought to make it obedient to Christ.*

What things or relationships outside of Christ do you depend on too much so for your happiness?

What's the hardest part about breaking a bad habit? Do you think it's wiser to just try to "stop" or to replace the bad habit with a biblical one?

## Proverbs 4:23

*Above all else, guard your heart, for everything you do flows from it.*

In order to guard your heart and to actively defeat worry and anxiety would you be willing to spend 5 -10 minutes a day this week recording your anxious thoughts on the left side of your journal and the Bible's promises on the right side?

## **The Yoyo of Joy**

Your joy and peace can be \_\_\_\_\_ and predictable in an unstable and unpredictable world if it's found in a stable source

Wrong \_\_\_\_\_ will inevitably produce anxious feelings

Remember any new \_\_\_\_\_ is hard to develop at the outset and takes acting contrary to feelings at times

# Who am I?

*"Understanding your identity in Christ is absolutely essential to your success at living the victorious Christian life!"*

## I am accepted...

John 1:12	I am God's child.
John 15:15	I am Christ's friend.
Rom. 5: 1	I have been justified.
I Cor. 6:17	I am united with the Lord, and I am one spirit with Him.
I Cor. 6:19, 20	I have been bought with a price. I belong to God.
I Cor. 12:27	I am a member of Christ's body.
Eph. 1:1	I am a saint.
Eph. 1:5	I have been adopted as God's Child.
Eph. 2:18	I have direct access to God through the Holy Spirit.
Col. 1:14	I have been redeemed and forgiven of all my sins.
Col. 2:10	I am complete in Christ.

## I am secure...

Rom. 8:1,2	I am free forever from condemnation.
Rom. 8:28	I am assured that all things work together for good.
Rom. 8:31f	I am free from any condemning charges against me.
Rom. 8:35f	I cannot be separated from the love of God.
2 Cor. 1:21, 22	I have been established, anointed, and sealed by God.
Col. 3:3	I am hidden with Christ in God.
Phil. 1:6	I am confident that the good work that God has begun in me will be perfected.
Phil. 3:20	I am a citizen of heaven.
2 Tim. 1:7	I have not been given a spirit of fear but of power, love, and a sound mind.
Heb. 4:16	I can find grace and mercy in time of need.
I John 5:18	I am born of God, and the evil one cannot touch me.

## I am significant...

Matt. 5:13, 14	I am the salt and light of the earth.
John 15:15	I am a branch of the true vine, a channel of His life.
John 15:16	I have been chosen and appointed to bear fruit.
Acts 1:8	I am a personal witness of Christ's.
I Cor. 3:16	I am God's temple.
2 Cor. 5:17f	I am a minister of reconciliation for God.
2 Cor. 6:1	I am God's co-worker (1 Cor. 3:9).
Eph. 2:6	I am seated with Christ in the heavenly realm.
Eph. 2:10	I am God's workmanship.
Eph 3:12	I may approach God with freedom and confidence.
Phil. 4:13	I can do all things through Christ who strengthens me.

(From *"Living Free in Christ"* by Dr. Neil Anderson)

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*"The more you reaffirm who you are in Christ, the more your behavior will begin to reflect your true identity!"* (From *"Victory Over the Darkness"* by Dr. Neil Anderson)



The Yo-Yo of

*Joy*

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stable & predictable in an  
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Philippians 4:4&5

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

~Philippians 4:6



Wrong thinking will inevitably produce anxious feelings.



And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:7



Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Philippians 4:8&9



Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.  
~Psalm 42:5



We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.

2 Corinthians 10:5




Sow a thought, reap an action.  
Sow an action, reap a habit.  
Sow a habit, reap a character.  
Sow a character, reap a destiny!



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hard to develop at the outset  
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feelings at times.



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Philippians 4:10-13

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**Proverbs 4:23**

