

A pair of bright yellow rubber boots is shown stepping into a pool of water. A large, energetic splash of water is captured mid-air, with many droplets visible. The boots are reflected in the dark, rippling water below. The overall scene is dynamic and celebratory.

# Philippians

Finding Joy...

Right Where You Are

# Peace: No Worries

*The TDF Principle:*

*Think Right*

*Do Right*

*Feel Right*

*Psalm 42:5* *Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my savior and my God.*

Philippians 4:6-7 NKJV

## Peace: No Worries Part 3

*<sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;*

*<sup>7</sup> and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*

# Two Disciplines: Thanking & Thinking

*<sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication, **with thanksgiving**, let your requests be made known to God;*

*<sup>7</sup> and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*

# Two Disciplines: Thanking & Thinking

Romans 8:28 *And we know that all things work together for good to those who love God, to those who are the called according to His purpose.*

# Two Disciplines: Thanking & Thinking

*<sup>8</sup> Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy-- meditate on these things.*

*<sup>9</sup> The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.*

# Two Disciplines: Thanking & Thinking

## Greek Word Of The Day

Logidzomai: (logic) Meditate; dwell on; think; recon; count as true; evaluate and believe.

<sup>8</sup> *Finally, brethren, whatever things are true, noble, just, pure, lovely, of good report, if there is any virtue and if there is anything praiseworthy—**meditate** on these things.*

# Two Disciplines: Thanking & Thinking

*Meditate* on these things . . .

*True*: valid, honest, reliable

*Noble*: Worthy of respect, inspires awe

*Just*: righteous, upright

*Pure*: moral & sexual purity

*Lovely*: pleasing, beautiful, attractive

*Good report*: measures to highest standards

*virtue and praiseworthy*: a summary of above

The background of the slide features a dynamic image of water splashing, with a yellow rubber boot visible on the right side, suggesting a scene of someone wading through water.

# Before you Watch, Listen, or Think . . .

*True: Is this true or false?*

*Noble: Does this honor God?*

*Just: Is this morally right?*

*Pure: Will this cleanse me or dirty my soul?*

*Lovely: Will this attraction enslave or free me?*

*Good report: Am I comfortable recommending this to someone who looks up to me?*

Philippians 4:6-9 NKJV

# Continuing the Discussion

- Was there anything you heard for the first time or that caught your attention, challenged, or confused you?
- How have the things you have been watching, reading, or thinking affected you over the last week?

