

Finding Peace - Philippians 4

Avoid drama - get along - we're on the same team - in the book of life

Php 4:2-3 NIV I plead with Euodia and I plead with Syntyche to **be of the same mind in the Lord**. 3 Yes, and I ask you, my true companion, help these women **since they have contended at my side in the cause of the gospel**, along with Clement and the rest of my co-workers, **whose names are in the book of life**.

Be cheerful - no one wants to be around negativity all the time

4 **Rejoice in the Lord always**. I will say it again: **Rejoice!**

- Pro 17:22 NIV A cheerful heart is good medicine, but a crushed spirit dries up the bones.

Don't be anxious - Pray instead

6 Do not be **anxious** about anything, but in every situation, by **prayer and petition, with thanksgiving**, present your requests to God. 7 And **the peace of God**, which transcends all understanding, **will guard your hearts and your minds in Christ Jesus**.

- Pray - WITH THANKSGIVING
- Present requests to God - only He is able...
- Peace will guard HEART and MIND (lack of peace can affect heart and mind)

What are you thinking about? - the God of peace will be with you

8 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. 9 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**.

What are you thinking about? - What are you talking about is a good indication.

- **true** - not hidden - in the open
- **honest** - honorable
- **just** - right just and equitable
- **pure** - clean and innocent
- **lovely** - to be friendly toward
- **good report** - reputable - well spoken of
- **virtue** - excellence
- **praise** - praiseworthy or commendable

Learning the secret of contentment

11(b) for ***I have learned to be content whatever the circumstances***. 12 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. 13 **I can do all this through him who gives me strength**.

- To Learn - is a **process**, and it is **experiential** - this is where you learn the secret
- I can do all things through Him