The Secure Mind

David Banning · Philippians 4:1–9 · Series: **Christian Living (Attributes of)**

INTRODUCTION

- The Greek word that is here translated careful or anxious, literally means to be pulled in different directions.
- Worry is the greatest thief of joy.
- It really takes more than just good intentions to quit worrying. It has to do with an attitude.

1 Stand Fast in the Lord

Philippians 4:1; Philippians 1:21; Isaiah 32:17

- To stand fast, as found in verse 1 of chapter 4, literally means to be firm in your faith.
- It is, Lord, whatever is your will, is what I want to do.
- The work of righteousness shall be peace. And the effect of righteousness, quietness and assurance forever.
- If you really want to have a sense of peace and well-being, then let your life be governed by the righteousness which is in Christ Jesus.

2 Be of the Same Mind in the Lord

Philippians 4:2–3; Philippians 2:5

- Look, brethren, there ought to be unity.
- Don't be selfishly holding your ideas and what you want ahead of others. Be willing to be submissive.
- You really want to learn to be happy? Then learn to put others first.
- If we keep our eyes on the cross rather than on self, we'll not have the kind of division and the kind of criticisms that sometimes are floating around among brethren.

3 Rejoice in the Lord Always

Philippians 4:4; Galatians 3:26–27; Romans 6:3–4

- Rejoice in the Lord always. And again I say, rejoice.
- The essential part is the expression in the Lord.
- For as many of you as have been baptized into Christ, have put on Christ.
- Therefore we are buried with him by baptism into death. That like as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life.
- Even in a prison cell, I can find the sense of rejoicing. Because I have some values that are eternal in their nature.

4 Let Your Moderation Be Known Unto All Men

Philippians 4:5; Philippians 4:11–13

- Joy gives one an attitude of gentleness and mild manner toward others.
- The Lord is at hand. I mean, I'm not fighting this battle by myself.
- I have learned in whatsoever state I am, therewith to be content.
- As we grow in the Lord and we really develop the spiritual mind and we grow in faith and knowledge of Him, then our root system is in Christ Jesus.

5 Peace Maintained by Right Thinking

Philippians 4:6; Matthew 6:31–34; Philippians 4:8

- Not only by right living is it developed, but it's maintained by right thinking.
- There's a difference between the worry or being anxious and being concerned.
- The word worry, I think, carries the idea of the overwrought feelings about things you cannot change.
- In everything, by prayer and supplication, with thanksgiving, let your request be made known unto God.
- Whatsoever things are true. Whatsoever things are honest. Whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, think on these things.

THE CHALLENGE

Are you able to rejoice in the Lord always? If not, is it that you need to do some changing in your life?

MY NOTES