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Peace is a Practice: Training Your Mind for Peace

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Philippians 4:9 (NIV): 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.

Praise God Always (verse 4)

Extend Grace to Others (verse 5)

Ask God for Help (verses 6-7)

Practice #4: Celebrate God's Goodness in All of Life

Philippians 4:8 (NIV): 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.

Psalms 24:1 (NIV): The earth is the LORD's, and everything in it, the world, and all who live in it...

Practice #5: Evaluate Your Thought Life

Philippians 4:8 (NIV): 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.

Logizomai

The Philippians 4:8 Thought Grid:

True – that which corresponds to reality

Noble – that which is honorable

Right – that which is good

Pure – that which is unmixed and uncontaminated

Lovely – that which is beautiful

Admirable – that which is of good report

Excellent – that which is reflective of good moral character

Praiseworthy – that which is deserving of praise

Positive Thinking: I can create my own peace through mental discipline.

Biblical Thinking: As I align my mind with God's truth, He produces peace in me.

Positive Thinking relies on my power.

Biblical Thinking relies on His power.

Positive Thinking: The end goal is happiness and peace.

Biblical Thinking: The end goal is Jesus.

Praise God Always (verse 4)

Extend Grace to Others (verse 5)

Ask God for Help (verses 6-7)

Celebrate God's Goodness in All of Life (verse 8)

Evaluate Your Thought Life (verse 8)