**Introduction**: Are you feeding or starving your fear?

**University of Tennessee – 12 year study:**

Psychologically: “We are what we eat”

- Negative Thinking ➔ Fearful Emotions ➔ Ungodly Behavior ➔ Devastating Consequences

OR

- Positive Thinking ➔ Peaceful Emotions ➔ Godly Behavior ➔ Fruitful Consequences

**Summary: Science and Scripture agree**

1. We are a product of our ________________ life.  
   Proverbs 23:7

2. Our ________________ flow from our thought life.  
   Romans 8:6

3. What we allow to enter our mind is the most important  
   ________________ we make each and every day.  
   Romans 12:2
Question: How can we choose peace in a broken world?

Answer:

8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

Philippians 4:8-9 (NASB)

Command #1: ______________________ on these things… Philippians 4:8

True: Objectively true, that which conforms to reality vs. things that are deceptive, illusions that promise peace and happiness.

Pre-view question: Is this ________________ or ________________?

Honorable: “Sober”, “serious”, “worthy of respect”, “inspires awe” – it refers to those things which reflect the weighty purposes of a believer’s life.

Pre-view question: Does this ________________ or ________________?

Right: “Righteous”; used in New Testament to refer to the Father, Jesus, God’s actions, God’s character. It pictures doing what is right when tempted.

Pre-view question: Is this morally ________________ or ________________?
I Choose Peace
(Part 3)

In a Broken World
Philippians 4:8-9

Pure: From the same root word as “holy.” It means free from defilement; sexual and moral purity in thought, word, and deed.

Pre-view question: Will this _______________________ or _______________________ my soul?

Lovely: “Attractive”, “winsome”, “beautiful”; it pictures those things that call forth a response of love and warmth within us vs. bitterness, criticism and vengeance.

Pre-view question: Will this _______________________ or _______________________ my heart?

Good Repute: That which is “commendable”, “gracious”, “admirable”; it literally means “fair speaking.” It describes the things which are fit for God to hear vs. ugly words, false words, and impure words.

Pre-view question: Could I _______________________ this to someone who looks up to me?

Summary: Virtue and/or Praise: A summary of sorts to “think on” anything that has moral excellence and will inspire and motivate us to love God and others...

Command #2: Habitually _______________________ these things… Philippians 4:9a

• Learned… Received: Appetite and application
• Heard… Saw: Instruction and modeling

Why? Your thought life determines your _________________. Romans 8:5-8

How? The principle of mind _________________________. Romans 12:2
I Choose Peace
(Part 3)

In a Broken World
Philippians 4:8-9

Promise: The God of peace (shalom) will be _______ _______. Philippians 4:9b

21 Minutes that will change your life:

1. **Read:** The Bible 10 minutes
2. **Pray:** Talk with God 7 minutes
3. **Listen:** Sit quietly and listen 3 minutes
4. **Apply:** One specific truth/serve someone 1 minute

Discussion Questions:

1. How does our thought life affect our emotions?

2. How would you describe the quality of your thought life? What adjustments do you sense God would have you make in what you *view, read, and think*?

3. Why is **habitual practice** of the truth so vital if we are to experience God’s *peace*? Why does “duplicity” create *stress* and lack of peace in our lives?

4. What **insight** has God given you today to help you experience His *peace* in your life? How will you choose to cooperate with God’s process in your life? Who will help you?

Resources:

*Reclaiming the Lost Art of Biblical Meditation* by Robert Morgan
*Good to Great in God’s Eyes* by Chip Ingram (Chapter 1 – “Think Great Thoughts”)
*Topical Memory System* by The Navigators Press