



THE PEACE PROMISE

#6: PEACE OF MIND

October 14, 2018

Pastor Randy Remington

BIBLICAL TEXT(S)

"Biblical meditation is different from that of Eastern Mysticism. It involves not an emptying of one's mind, but a filling of it with God's revealed truth"

–Pastor
Randy Remington

"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

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. 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." (Philippians 4:4-9)

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind." (Matthew 22:37)

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. (Romans 8:5-6)

MESSAGE SUMMARY

Paul is inviting us to consider our thoughts because they shape the direction of our lives. In the same way, we can love God with our whole heart, rather than half-heartedly, we can love God with our whole mind. The spiritual battles we face are so often fought in the mind. When experiencing fear, the brain activates the release of 30 different hormones – your mind has a physical effect on the rest of your body! You can choose to actively develop god-glorifying thought patterns. The word Paul uses for "think" here means to ponder, chew on, or meditate. While Eastern meditation is about emptying your mind, Biblical meditation is about choosing to actively consider the things that are life-giving.

Paul invites us to consider that which is corresponding to reality and is without distortion. We live in a day in which we say that what we feel must be true, but most of the things we worry about are not based on reality. Paul invites us to ponder what is pertaining to nobility; what is just; what is uncontaminated and unadulterated; and whatever is harmonious, beautiful, winsome, and motivates love; that which is to be admired; what is full of virtue and character; and what is commended and approved by God.

DISCUSSION QUESTIONS

These questions are designed to help you lead your group through a progression of engagement with the Bible passage and the speaker's message, helping them understand and apply the teaching.

LEAN IN

These are icebreaker/warm up questions, mostly just to get the group talking and start the flow of conversation. Choose one question and talk it over for 5-10 minutes.

1. What's on your mind these days? List three or four things you tend to think about often.
2. What example or story stood out to you in Sunday's sermon?
Why was it significant to you?

LOOK DOWN

These are questions on the passage and observations about what's been read. Spend about 15-20 minutes on three questions max

1. Verse 8 lists many things to ponder. Which words stand out to you? Why?

2. What do you suppose are some of the things the Philippians learned, received, or heard from Paul?
3. What connection do you think there is between what we think about and what we put into practice (vv 8-9)?
4. Matthew 22:37 says to love God with all your heart, all your soul, and all your mind. What does it mean to love God with all of your mind?

LOOK OUT

These questions help connect the world of the Bible to today.

Spend about 15-20 minutes on three questions max

1. How might knowing our identity in Christ Jesus help shape our thoughts?
2. The word used for think in this passage can also be translated as ponder, actively consider, meditate, or fill your mind with. How does this definition inform or change your understanding of what meditation is?
3. The Philippians were instructed to put into practice the things they learned, received and heard from Paul. Who do you look to as a godly role model living in peace?
4. Apart from God, the natural bent of our minds is death. Why do you think Paul uses the action words he does in vs 8-9?
5. The word for disciple is *mathetes*. It means learner or one who is taught. Learning is not just about knowing more things, but is about changing and coming to truth. How might reasoning processes be used to defeat strongholds? (2 Corinthians 10:4-5)

LOOK IN

These are questions that help you consider personal application.

Spend about 15-20 minutes on three questions max

1. Think about the quality of your thought life. What adjustments do you think God may be leading you to make in what you watch, read, and listen to?
2. When we are by ourselves, our thoughts tend to lean towards doubt, speculation, self pity, etc. In what ways might you be avoiding solitude or looking for distraction?
3. To repent means to change one's mind. What does it actually look like to surrender or yield to God?
4. How might you discern the answer to the question, "What is God's perspective on this situation?"
5. What are some practical ways you can saturate your mind with God's word?

LIVE IT OUT

These action steps help apply this week's message to day to day life.

Choose one question and talk it over for 5-10 minutes.

1. How will you actively fill your mind with what is true, noble, and right this week?
2. How will you incorporate prayer, meditation, gratitude, and service to others, and/or journaling into the rhythms of your life?