

message OUTLINE

WHERE THE MIND GOES... THE MOOD FOLLOWS

Sermon Series: UNIMAGINED JOY: A Study of Philippians

Speaker: Pastor Shawn Mitchell

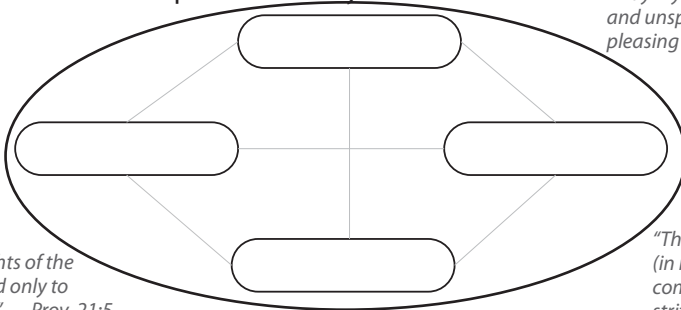
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• NOTES •

TEXT: Philippians 4:4-9

I. IT'S THE THOUGHT THAT COUNTS

From Perception to Reality



*"May my spoken words
and unspoken thoughts be
pleasing to You..." Ps. 19:14*

*"The thoughts of the
diligent lead only to
advantage." Prov. 21:5*

*"As a person thinks within himself so
he is." Prov. 23:7*

*"Through presumption
(in my thoughts)
comes nothing but
strife." Prov. 13:10*

II. MANAGING MY MOODS

Phil. 4

Managing _____ my moods _____ is my choice

"Rejoice in the Lord always. I will say it again: rejoice!"

v. 4

I _____ nclude God _____ in my anxieties & pain

"Don't be anxious about anything, but in every situation... present your requests to God."

v. 6

N _____ ote what's feeding _____ my feelings

"Whatever is true... honorable... right... pure... lovely... of good repute, if there is anything excellent and worthy of praise, let your mind dwell on these things."

v. 8

D _____ etermine to _____ know His peace, through practice

"...put it into practice, and the God of peace will be with you."

v. 9

"I have **learned** the secret of being content in any and every situation..."

Phil. 4:12

III. WHERE THE MIND GOES... THE MOOD FOLLOWS

Ps. 4:8

Think On Whatever Is...

<u>True</u>	God is True
<u>Noble</u>	That Which Inspires Awe or Respect
<u>Right</u>	What Would Jesus Do?
<u>Authentic</u>	Genuine; The Real Deal
<u>Compelling</u>	Positive; Pleasing
<u>Admirable</u>	Acts That Move Us

If It Is of...

<u>Excellence</u>	Excels Above The Rest
<u>Praise Worthy</u>	That Which Magnifies & Glorifies
<u>Think on These Things</u>	Remember; Reflect; Respond