

Anxious for Nothing Week 4: Meditation

Review

C.A.L.M. is a practical picture of abiding in Christ. (**John 15:4** (NLT) Remain in me, and I will remain in you.)

C - Celebrate God.

A - Ask God for help (with thanksgiving).

L - Leave your concerns with God.

M - Meditation on good things—things of God.

Our Vision: We exist to reach the world for Jesus one person at a time.

Our Mission: To create biblical disciples in relational environments.

- Paul wrote the book of Philippians, under the inspiration of The Holy Spirit to encourage, remind and prepare the church.
 - Paul knew what the church would need to practice in order to be Jesus' church.
 - Paul dealt with anxiety and gives a mindset and a way to deal with anxiety.

2 Corinthians 11:23-29 (MESSAGE) I've worked much harder, been jailed more often, beaten up more times than I can count, and at death's door time after time. I've been flogged five times with the Jews' thirty-nine lashes, beaten by Roman rods three times, pummeled with rocks once. I've been shipwrecked three times, and immersed in the open sea for a night and a day. In hard traveling year in and year out, I've had to ford rivers, fend off robbers, struggle with friends, struggle with foes. I've been at risk in the city, at risk in the country, endangered by desert sun and sea storm, and betrayed by those I thought were my brothers. I've known drudgery and hard labor, many a long and lonely night without sleep, many a missed meal, blasted by the cold, naked to the weather. And that's not the half of it, when you throw in the daily pressures and anxieties of all the churches. When someone gets to the end of his rope, I feel the desperation in my bones. When someone is duped into sin, an angry fire burns in my gut.

Thinking/Meditating

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.

Romans 12:1-2 (NIV) ¹Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ²Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Talking, praying, and singing

1 Peter 5:6-7 (NIV) ⁶Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. ⁷Cast all your anxiety on him because he cares for you. Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

Ephesians 5:18-20 (NIV) ¹⁸Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, ¹⁹speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, ²⁰always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Listening

Matthew 11:28-30 (NIV) ²⁸Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light.

Practice

2 Corinthians 10:3-5 (NIV) ³For though we live in the world, we do not wage war as the world does. ⁴The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Philippians 4:8-9 (NIV) ⁸Finally, 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. ⁹Whatever 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.

1 Thessalonians 5:16-18 (NIV) ¹⁶Rejoice always, ¹⁷pray continually, ¹⁸give thanks in all circumstances; for this is God’s will for you in Christ Jesus.

Discussion questions for home, or Life Group:

- Share from the sermon what was significant to you.

Read: Philippians 4:8, Romans 12:1-2, and 2 Corinthians 10:3-5

1. What do you think of when you hear “taking thoughts captive?” A) Where does your mind go when you don’t direct it? B) What helps you become aware of what you are thinking?
2. What changes would be good to make in your life to decrease anxiety and to increase trust and peace? Consider things both to add and to subtract.
3. Paul says ‘Think on these things’; what will you intentionally think on this week?
4. What meaningful thing has God taught you through this series on Philippians 4:4-8?

Practical step: Take time to be aware of what you are thinking. Begin to make a list of what is true, noble, right, pure, lovely, admirable, excellent and praiseworthy; get specific with your list. Choose some specific truths to think on.