

The Steps to Peace (Part II): Prayer and Positive Thinking

Philippians 04: 06–09

1 *Peace comes through prayer*

- a. The charge: Do not worry
- b. The remedy: Praying
 - 1) About everything
 - 2) With requests
 - 3) With thanksgiving
- c. The promise: Peace
 - 1) Peace that transcends all understanding
 - 2) Peace that guards our hearts and minds

2 *Peace comes through positive thinking*

- a. The charge:
Think and practice things that are...
 - 1) True and noble
 - 2) Right and pure
 - 3) Lovely and admirable
 - 4) Excellent and praiseworthy
- b. The source or power of positive thinking
 - 1) The Word of God
 - 2) Noble examples
 - 3) Self-effort

6 Do not be anxious about anything,
but in everything,
by prayer and petition,
with thanksgiving,
present your requests to God.

7 And the peace of God,
which transcends all understanding,
will guard your hearts and your minds
in Christ Jesus.

8 Finally, brothers,
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.

9 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.