



Taking Control Of Your Thoughts

Text: Philippians 4

How To Release Worry And Anxiety And Take Control Of Your Thoughts:

1. **REJOICE** in the Lord **ALWAYS**.
 - Celebrate God all day, every day.
 - Rejoicing in the Lord keeps you focused on God and not your circumstances.
 - What you focus on becomes **MAGNIFIED** in your own eyes. We must **MAGNIFY GOD** and not our problems.
2. **WHEN** anxiety and worry begin to creep in, this is the time to **PRAY**.
 - Instead of getting **STUCK** in a cycle of worried and anxious thoughts, **STOP AND PRAY**.
 - Make your requests known to God.
 - Sometimes this is a process of continuing to cast every care on the Lord when you start to worry again.
3. Pray **WITH** thanksgiving. Psalm 100:4-5
 - When you pray, do it with a thankful attitude!
 - God’s peace will invade your heart and mind when you choose to rejoice in the Lord, pray about everything, and live with a thankful attitude.
 - The key to maintaining peace is in your **THOUGHT LIFE**.
 - You must control your thoughts, or your thoughts will control you!

Seven Things To Think About And Meditate On: Romans 12:2, Isaiah 55:8-9

1. Whatever is **TRUE**. John 17:17, Colossians 3:16
2. Think on what is **RIGHT** or **NOBLE**.
3. Think on what is **PURE**.
4. Think on what is **LOVELY**.
5. Think on what is **ADMIRABLE**.
6. Think on what is **EXCELLENT**.
7. Think on the things that are **WORTHY OF PRAISE**.

If You Want To Walk In The Peace Of God That Passes All Understanding:

- Don’t focus on trying to control your circumstances or fix people.
- Control **YOUR OWN** thoughts.
- Think on what is true and pure and lovely. Psalm 119:165

Notes: _____
