



Key Scripture: Philippians 4:6-9

Key Point: If we truly follow Jesus, then our thoughts should be focused on Him.

[Provide your typical introduction.]

We are so glad you could join us this evening! Tonight, we are starting a two-week series called “New Mind New Thoughts.” I think one of the biggest things that I love about this series is that it will help us create a filter for how we think and how we can have minds that point to Jesus. The way you think impacts how you view what’s going on around you. What our hope is for this series is that our mindset would be focused on Jesus.

Today, we are looking at what it means to fix your thoughts on Jesus. Next week, we will work through what it means to set our thoughts on things above.

Pray

[Tell a personal story about something being cleaned, purified, or remade to work well. Following, is the story I told.]

Growing up, I had a passion for retro games. I collected the old classics from the Nintendo Entertainment System, Sega Genesis, to even the obscure Sega Saturn. I had way more systems, but I won’t bore you with the names of the systems. Anyway, the games you would play on these systems were old. They don’t make cartridges for the Nintendo anymore, just as they don’t make PS1 games since they have the PS4. Now, you can buy PS1 games to download digitally on the PS4 that barely takes up any space on the hard drive.

After buying some of these games from antique stores and some video game places that sell old retro games, the first time popping them in to play, they would hardly ever work. It didn’t mean that they wouldn’t work. They just needed a little TLC. With the old cartridges, you would get rubbing alcohol, dip Q-tips in the rubbing alcohol, then rub the inside of the cartridge that goes inside the system. This would clean up the dust and dirt that would get inside and if the game was really dirty, the Q-tip would come

back out black. But taking this time would usually help the game work perfectly. If you had a disc that wouldn't work, you could buy a disc buffer that would clean up the disc and buff out any scratches on the CD. When I started collecting old games, I had some super scratched up PS1 games that I got to work and enjoy the fun again. Taking this time of cleaning and purifying these games allowed them to work again. Their purpose of providing entertainment came back as they were restored. In our lives with Jesus, when we let Him renew us and remake us, we can take up a mind like Christ and live in the way He purposed us to live.

Paul wrote the book of Philippians during a two-year imprisonment in Rome. For being a prisoner, Paul was given a considerable amount of freedom. He was on house-arrest but was able to have visitors with no restrictions and often taught others about the Way of Jesus. The purpose of his letter to the Philippian church was to thank them for the gifts they sent him during this time. He wanted to encourage them to remain united and joyful even in the face of opposition and threats. He also wrote this letter to pave the way for Timothy to visit them and reach them; to essentially be a consultant on how they could better lead the church there at Philippi. We're reading towards the end of this letter. Paul had already wrote about praying for them and he gave an update on his life in prison, encouraged them to live in the humility of Christ and talked about sending Timothy, and of pressing towards the goal of living with Christ. He ended his letter with words of encouragement in Chapter 4 and appealed to Eudia and Syntyche in verses 6 and 7 and the brothers and sisters in Philippi in 8 and 9, but we are going to read 6 through 9 as they are words of encouragement to us today to help us fix our thoughts on Christ alone.

[\[Read Philippians 4:6-9, This is NLT.\]](#)

“Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.”

Paul had experienced much opposition, was stoned by rocks, beaten, and arrested many times. When most would have probably felt highly dehumanized, Paul was overjoyed and thrived in following Jesus because of it. Many of us are probably asking, how? Paul knew how to offload his cares and fix His thoughts on to Jesus. For us, we need to fix our thoughts on Jesus.

[Display Question:]

How do we fix our thoughts on Jesus?

[Display Point:]

Pray.

Prayer brings us peace even in the midst of difficult seas. If we look back at verse 6 and 7, Paul tells us to not worry about anything, but pray about everything. We need to tell God what we need and thank Him for what He has done. It's only after we come to God in prayer, where we will experience a peace that is beyond our understanding. If we expect to have a way to filter our thoughts on Jesus, then prayer is one of the biggest ways to help us do so. Through prayer and conversation with God, we are talking to our Creator.

One thing I've found with praying is that when we come to God truly in prayer, we may get an answer or an answer may not even be needed, but what I feel when I pray usually is a little nudge of peace and I like to think that it's Jesus saying I'm right here with you.

Some of us are going through things that are hard to go through like the things where we think, how can I not worry about this? Paul understood trials and temptations because he endured a lot of abuse. Jesus knew anxiety and stress because thinking of the cross caused Him to sweat blood, but He went to prayer with His Father and found peace.

When we encounter situations that leave us speechless or something that happens to us, or our studies leave us in worry, the first thing we should do is pray to our heavenly Father. What's usually our first reaction? It's not to pray, but instead, to wonder how we going to get through the situation.