

## Meditate On These Things

*Philippians 4:1-9*

1. Rejoice in the Lord  
ALWAYS

3. Those things which you LEARNED and RECEIVED and HEARD and saw, these do.

October 12, 2008

### God's Word for Devotions

- Phil 4:1-9
- Psalm 19:7-11
- Phil 4:10-23
- Psalm 23
- James 1:21-27
- Psalm 40
- 2 Cor 10:3-5

### Prayer

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2. Be anxious for  
NOTHING

**What is the Holy Spirit Leading You to Do?**

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### Talk About It With Your Friends and Family

1. Can I be joyful regardless of external circumstances?
2. Do I bring all things before the Lord in prayer...not only in times of great trial or need?
3. How am I doing on finding things of "Good Report"?
4. Am I willing to commit to a week long "Media Fast" and replace it with 7 days of "Noble and Pure Thought" meditation?

**"And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.**

Phil 4:7 (NKJV)

Chuck Lares

Anxiety/Peace