



MESSAGE NOTES

Guard Your Heart

Philippians 4:4-9

James Brown

1. Our role and God's role

Proverbs 4:23 Keep your heart with all vigilance, for from it flow the springs of life.

God does some things for us out of His grace and He also enables us to do some things for ourselves out of His grace. God gives us His perfect peace in our hearts but it's our responsibility to preserve it.

John 14:27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

2. Preserving daily peace

These are some things God expects you to do in order to live a life free from stress, panic and anxiety.

Philippians 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Romans 12:2 Do 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.

3. God's peace as our guide

You can know whether or not you should be choosing to think about something or by whether or not it brings about God's peace in your heart.

Philippians 4:8 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.

Isaiah 26:3 You keep him in perfect peace whose mind is stayed on you.