

Sermon Notes

Brave #2 – To Have and To Hold Philippians 4:1-9

1. BRAVE

- a. **Breathe** – John 20:21-22 – breathing arrests the panic.
- b. **Remember** – Hebrews 10:32-35 – remembering brings confidence.
- c. **Ask** – Matthew 11:28-30 – Ask brings help in times of trouble.
- d. **Visualize** – Matthew 9:28-29 – Visualization brings trust in God.
- e. **Elevate (your perspective)** – Romans 8:31-32, 37-39 – Elevate means we are more than conquerors.

2. Where does your fear come from?

- a. External? No.
- b. Internal? Yes.

3. What's the difference between people of love and people of fear?

- a. Long Term Faithfulness.
- b. Consistent Courage.

4. The key to faithfulness and courage? Your thoughts.

- a. Philippians 4:8
- b. Think about such things.
- c. How?

5. Shift your focus.

- a. Our brain is like an iceberg.
- b. Focus on Godly messages, not negative vibes.

6. Control your bad thoughts.

- a. We all have bad thoughts.
- b. 2 Corinthians 2:3-5 – capture those thoughts!