

***Overcoming Aftershocks
Restructuring Your Thought Life
Philippians 4:4-9***

According to the U. S. Geological Society, there are approximately 20,000 earthquakes that occur each year. (Approx. 55 every day)

There are approximately 16 major earthquakes/year

- *15 in magnitude 7 range*
- *1 in magnitude 8+*

After an earthquake, called the main shock, several other earthquakes, called aftershocks, occur.

Aftershocks occur as the crust around the displaced fault plane adjusts to the effects of the main shock.

We are beginning a new series this morning that is titled, “Overcoming Aftershocks”...

These past several months have shaken countries throughout the world...

They have caused seismic disturbances throughout almost every area of our lives...

- *Economic stress...*

- *Political blaming and shaming...*
- *Social unrest...*
- *Marital unrest...*
- *Family stress...*

When an earthquake hits, structures are shaken...

... The areas of weaknesses are exposed and crumble...

In a similar way, the COVID pandemic has shaken every area of our lives...

Those areas of weakness have been exposed and caused many things that looked fine to crumble...

Divorce rates have increased...

Abuse rates have increased...

Pornography usage has grown significantly...

Sex Trafficking has increased globally...

On and on the list goes...

→ And with every Aftershock comes more problems...

Will our children be able to go back to school?

Will our High School play football... basketball... baseball... volleyball... track...

Each of these AFTERSHOCKS continue to bring more devastation...

→ And that’s just with COVID ←

There are many of you who have gone through the devastation of ...

- **Divorce...**
- **Unfaithfulness by your spouse...**
- **Sickness...**
- **Death of a close family member...**
- **Financial ruin...**

Each of those are PERSONAL EARTHQUAKES...

But every reminder is an AFTERSHOCK that reeks more havoc...

- **Every birthday, anniversary, holiday...**

So how do we not simply COPE with these EARTHQUAKES and their AFTERSHOCKS, but OVERCOME them and walk in VICTORY?

Over the next few weeks we are going to learn how to rise up in victory and “Overcome Aftershocks”

Last week we saw that the first step we need to take is to Reset our Spiritual Foundation...

Today we are continuing our quest in Overcoming Aftershocks by Restructuring our Thought Life...

Our thoughts have a much greater impact on our lives than most of us imagine...

Following a painful experience or devastating event our thoughts get scrambled through the trauma...

If we do not get hold of our thoughts properly they will begin controlling and corrupting our lives...

Sow a thought, reap an action.

Sow an action, reap a habit.

Sow a habit, reap a character.

Sow a character, reap a destiny!

So, restructuring our thought life MUST become a priority!

ONE THING

Aftershocks are the SUBSEQUENT reverberations from PREVIOUS pain that CONTINUE reminding us again and again.

There are SEVEN IMPERATIVES in this passage that shows us how to Restructure our thought life...

The first & second imperative is the word, REJOICE

The third imperative is the word, MAKE KNOWN

MAKE YOUR GRACIOUSNESS KNOWN TO ALL!

The fourth imperative is the word, DO NOT BE ANXIOUS

Μεριμνάω – (merimvaw)

to have an anxious concern, based on apprehension about possible danger or misfortune—‘to be worried about, to be anxious about.’

The fifth imperative is the word, MAKE KNOWN

TELL GOD WHAT IS MAKING YOU ANXIOUS

THANK GOD FOR BEING THE GOD OF PEACE

KEEP MAKING YOUR REQUEST KNOWN TO GOD UNTIL HIS PEACE COMES!

The sixth imperative is the word, THINK

Λογίζομαι – (logidzomai)

*to think about something in a detailed and logical manner—
‘to think about, to reason about, to ponder, reasoning.’*

The seventh imperative is the word, PRACTICE

Πράσσω – (prasso)

to carry out some activity (with possible focus upon the procedures involved)—‘to do, to carry out, to perform, deed.’

They are all in the PRESENT TENSE making the imperative an ongoing present reality for our lives...

→ Our PRESCRIPTION for RETURNING the PEACE of God

These first three are for IMMEDIATE TRAUMA in order to bring the PEACE OF GOD back into your life

1. We CHANGE our thoughts through PRAISE

Philippians 4:4 (ESV) — Rejoice in the Lord always; again I will say, rejoice.

Praise Him in the morning, praise Him in the evening, praise Him in the stopped traffic, praise Him in the check out line...

Isaiah 26:3 (ESV) — You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

2. We CURB our thoughts around PEOPLE

Philippians 4:5 (ESV) — Let your reasonableness be known to everyone. The Lord is at hand...

The word, “reasonableness” here means “graciousness, gentleness, ...”

MAKE YOUR GRACIOUSNESS KNOWN TO ALL!

To CURB means to “keep in check, to restrain”

In other words, KEEP YOUR ERRANT THOUGHTS TO YOURSELF!

- **Keep your mouth shut!**
- **And keep it off your face!**

Proverbs 17:28 (NLT) — Even fools are thought wise when they keep silent; with their mouths shut, they seem intelligent.

James 1:19–20 (ESV) — Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God.

3. We CONTROL our thoughts through PRAYER

Philippians 4:6–7 (ESV) — Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

2 Corinthians 10:4–5 (ESV) — For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,

Getting control of our thoughts and returning God's peace are essential for a believer...

I've found this PRESCRIPTION works EVERY TIME!

But we don't need to stop here!

Jesus doesn't want us to be so controlled by our environment!

The importance of keeping our mind under the control of Jesus CANNOT be overstated!

Throughout Jesus' ministry He was asked many questions...

Some were to trip Him up... these were usually the religious leaders...

... Often the Bible says this regarding Jesus with the religious leaders... "AND KNOWING THEIR THOUGHTS..."

Others were to question His validity...

Others were from His disciples to better know the truth...

One of the questions Jesus was asked was, "What is the greatest commandment?"

To this question Jesus quoted the SHEMA ... ALMOST...

Deuteronomy 6:5 (ESV) — You shall love the LORD your God with all your heart and with all your soul and with all your might.

In quoting this however, Jesus made an ADDITION...

Mark 12:30 (ESV) — And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.'

There are PREVENTIVE MEASURES that can be taken to literally RESTRUCTURE your THOUGHTS is such a way that you can walk in perpetual victory!

→ ***Our PREVENTION for RETAINING the PRESENCE of God***

Look how this second section ends...

Philippians 4:9b (ESV) — ... and the God of peace will be with you.

4. We CONFORM our thoughts through PURSUIT

Philippians 4:8 (ESV) — Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

This imperative calls us to PURSUE the RIGHT THOUGHTS while RESISTING the WRONG THOUGHTS!

“Finally brothers, whatever is untrue, whatever is dishonorable, whatever is unjust, whatever is impure, whatever is unlovely, whatever is uncommendable, if there is anything not morally excellent, if there is anything unworthy of praise, do not think about these things.”

1 Corinthians 2:16 (ESV) — ... But we have the mind of Christ.

We must renew our minds!!!

Romans 12:2 (ESV) — Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Joshua 1:8 (NLT) — Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.

Psalms 119:11 (NLT) — I have hidden your word in my heart, that I might not sin against you.

5. We CONQUER our thoughts through PRACTICE

Philippians 4:9 (ESV) — What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

These qualities are only learned to the extent they are lived!

Psalms 101:2b–3a (NLT) — ... I will lead a life of integrity in my own home. I will refuse to look at anything vile and vulgar...

2 Timothy 2:20–21 (ESV) — 20 Now in a great house there are not only vessels of gold and silver but also of wood and clay, some for honorable use, some for dishonorable. 21 Therefore, if anyone cleanses himself from what is dishonorable, he will be a vessel for honorable use, set apart as holy, useful to the master of the house, ready for every good work.

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**Aftershocks are the _____ reverberations from
_____ pain that _____ reminding us again and
again.**

**→ Our _____ for _____ the
_____ of God**

1. We _____ our thoughts through _____

2. We _____ our thoughts around _____

3. We _____ our thoughts through _____

**→ Our _____ for _____ the
_____ of God**

4. We _____ our thoughts through _____

5. We _____ our thoughts through _____