



A Recipe for Practicing a Good Life

Philippians 4-9 (NLT)

“Always be full of joy in the Lord. I say it again—rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. 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.”

Philippians 4-9 (MSG)

“Celebrate God all day, every day. I mean, *revel* in Him! Make it as clear as you can to all you meet that you’re on their side, working with them and not against them. Help them see that the Master is about to arrive. He could show up any minute! Don’t fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God’s wholeness, everything coming together for good, will come and settle you down. It’s wonderful what happens when Christ displaces worry at the center of your life. Summing it all up, friends, I’d say you’ll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.”

Philippians 4:4 (NLT)

“Always be full of joy in the Lord. I say it again—rejoice!”

Philippians 4:5 (NLT)

“Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.”

Matthew 24:37-44 (NLT)

“When the Son of Man returns, it will be like it was in Noah’s day. In those days before the flood, the people were enjoying banquets and parties and weddings right up to the time Noah entered his boat. People didn’t realize what was going to happen until the flood came and swept them all away. That is the way it will be when the Son of Man comes. Two men will be working together in the field; one will be taken, the other left. Two women will be grinding flour at the mill; one will be taken, the other left. So you, too, must keep watch! For you don’t know what day your Lord is coming. Understand this: If a homeowner knew exactly when a burglar was coming, he would keep watch and not permit his house to be broken into. You also must be ready all the time, for the Son of Man will come when least expected.”

Philippians 4:6 (NLT)

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.”

Matthew 6:27-34 (NLT)

“Can all your worries add a single moment to your life? And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.”

Philippians 4:7 (NLT)

“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.”

Philippians 4:7 (MSG)

“Before you know it, a sense of God’s wholeness, everything coming together for good, will come and settle you down. It’s wonderful what happens when Christ displaces worry at the center of your life.”

Philippians 4:8 (NLT)

“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.”

James 1:22 (NLT)

“But don’t just listen to God’s word. You must do what it says. Otherwise, you are only fooling yourselves.”

Philippians 4:9 (NLT)

“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.”

A recipe for practicing a good life:

1. Celebrate, be joyful, and revel in the goodness of God daily!
2. Look for intentional ways to add value to people around you daily.
3. Live with urgency about the return of Jesus daily.
4. Instead of worrying, talk with and listen to Jesus daily.
5. Practice gratitude daily.
6. Resist the urge to fixate on negativity and think about good things instead... you guessed it... daily.