

Defused: Keeping Calm in Chaotic Times

Be Reflective of Good Things

Philippians 4:8-9

“Worry affects circulation, the heart, the glands, the whole nervous system, and profoundly affects health.” **Dr. Charles Mayo (1865-1939)**

“Worry does not empty tomorrow of its sorrow; it empties today of its strength.”
Corrie Ten Boom

“Therefore I tell you, do not be anxious about your life...And which of you by being anxious can add a single hour to his span of life?...Therefore do not be anxious...But seek first the kingdom of God and his righteousness, and all these things will be added to you...Therefore do not be anxious...”
Matthew 6:25a, 27, 31a, 33, 34a

“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. What you have learned and received and heard and seen in me – practice these things, and the God of peace will be with you.” **Philippians 4:8-9**

Main Idea: Keeping Calm in Chaotic Times Requires Reflecting on God’s Goodness.

I. The Goodness of God’s Character

“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.”
Philippians 4:8

“One of the reasons we don’t keep our peace is that we tend to dwell on the things that are set in opposition to the peace we’re asking for.” **Tony Evans**

Sowing and Reaping Sow a thought, reap an action. Sow an action, reap a habit. Sow a habit, reap a character. Sow a character, reap a destiny!

“Take every thought captive to obey Christ.” **2 Corinthians 10:5b**

We are to occupy our minds with those things that are:

- **True** – True facts counteract anxiety that is rooted in falsehood.
- **Honorable** – Lofty, majestic, awesome things that lift the mind.
- **Just** – Fair to all parties, focusing on more than self-interest.
- **Pure** – Broadly applies to all of life (sex, money, morality).
- **Lovely** – Things that win others admiration, brings people together.
- **Commendable** – Worthy of praise, gives a good reputation.
- **Excellent Things** – Philosophical good for which all should strive.
- **Praiseworthy Things** – Catalogue of virtues which all should admire

“The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple; the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes; the fear of the LORD is clean, enduring forever; the rules of the LORD are true, and righteous altogether.” **Psalms 19:7-9 (Think on the Word of God)**

- II. **The Goodness of God’s People** – “What you have learned and received and heard and seen in me – practice these things” **4:9a**

“Be imitators of me, as I am of Christ.” **1 Corinthians 11:1**

III. The Goodness of God’s Presence

“...and the God of peace will be with you.” – **4:9b**

“And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” **Philippians 4:7 (Peace of God)**

“It is one of the privileges of true believers that the God of peace shall be constantly with them. May we first enjoy the peace of God, and then be helped by the Spirit of God to get into still higher regions, where we shall be more fully acquainted with the God of peace!” **Charles Haddon Spurgeon**

“Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God.” **Romans 5:1-2**

Sources and Further Reading Opportunities

- *Bible Exposition Commentary* – Warren Wiersbe (1996)
- *Tony Evans Study Bible* – Tony Evans (2019)
- *The IVP Bible Background Commentary*– Craig Keener (1993)
- *Tyndale Bible Dictionary* – Walter Elwell (2001)
- *Word Pictures in the New Testament* – A.T. Robertson (1933)
- *Holman Concise Bible Commentary* – David Dockery (1998)
- *Philippians, Colossians, Philemon* – Richard R. Melick (1991)
- *Galatians, Ephesians, Philippians, Colossians* – Max Anders (1999)
- *Spurgeon Commentary Series: Philippians* – Charles Spurgeon (2014)