
Philippians 4:9

Think, Do, Rest

Philippians 4:8-9

God and His peace will be with you as you dwell on things that are excellent and worthy of praise and then practice those things.

C 1: Dwell on these things

C 2: Do these things

Promise: The God of peace will be with you

Philippians 4:9a

The things you have... **learned**

- Acquire knowledge
- Learn skills by experience
- Apply the mind during the learning process

Philippians 4:9a

The things you have... **received**

- Make it part of your thinking
- Make it part of your skill set
- Make it part of your understanding of how it should work out in life situations

Philippians 4:9a

The things you have... **heard**

- How Paul thinks about trials, unfairness of life
- How pursuing Jesus is the defining purpose of his life

Philippians 4:9a

The things you have...
seen in me

- Seeing someone wrestle to grow
- Seeing them make progress

Philippians 4:9

- We have the example of **perfection** in Christ.
- We have examples in one another of **striving** for that prize.

Philippians 4:9a

Practice these things

- Executing a plan
- Carrying out something
- Applying yourself to make advances toward a goal
- Intensely occupied

Philippians 4:9

**Mind and action are
engaged to
accomplish.**