Title: Tripping on Tryptophan       Text: Philippians 4:1-9

Target: : Thankfulness is most accurately described as “think”fulness! To be thankful is to be (think)ful. Therefore, in order to live in a persistent attitude of gratitude, despite our circumstances we must develop an awareness of the power of persistent prayer.

I.    Requires an Eternal    :

   A.    The Cause:
   “Names are in the book of Life” (Vs. 3)
   B.    The Command:
   “Rejoice in the Lord always” (Vs. 4)

II.   Recognize an Eternal    :

   A.    The Cause:
   “the Lord is at hand” (Vs. 5)
   B.    The Command:
   “don’t be anxious about anything” (Vs.6)

III.  Respond to an Eternal    :

   A.    The Cause:
   “But in everything” (Vs. 6)
   B.    The Command:
   “let your request(s) be known to God” (Vs. 6)

   •    Prayer—Vehicle of Communication based upon relationship.
   •    Supplication—Urgency, Crisis or Need
   •    Thanksgiving—Expression of Gratitude

IV.   Receive an Eternal    :

   A.    The Cause:
   “the peace of God…In Christ Jesus” (Vs. 7)
   B.    The Command:
   “will guard your hearts and minds” (Vs. 7)

V.    Reflect on an Eternal    :

   A.    Cause:
   “worthy of praise” (Vs. 8)

   •    Whatever is true: Absolute
• Whatever is honorable: Afirming
• Whatever is just: Accountable
• Whatever is pure: Above
• Whatever is lovely: Accepting
• Whatever is commendable: Agreeable
• Whatever is excellence: Accomplished

B. Command:
“Think on these things” (Vs. 8)