

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: Affirming
- 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)

Take Away: Remember ACTS: Adoration. Confession. Thanksgiving.
Supplication.