

## Mental Medicine

Phil 4:7

**Philippians 4:7** - And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

### **Introduction:**

- A. Thieves have always been a great concern for man. No matter what culture, theft is always wrong and condemned so great efforts are implemented to curb it. But the most dangerous theft is spiritual theft.
- B. John 10:10 is about as accurate a description of the devil's mission as you will get. He implements various ways and uses the circumstances of life to steal your vitality, spirituality, and thus your confidence in Christ leaving you discouraged and emotionally/mentally exhausted.  
**John 10:10** - "The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly.
- C. The Philippian letter is a wonderful source for refreshment and strength. In it, Paul describes 4 mental states that will help guard against the devil's attempts to steal your stability.

### **I. Be of Single Mind** - Phil 1:6, 21, 27

**Philippians 1:6** - For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.

**Philippians 1:21** - For to me, to live is Christ and to die is gain.

**Philippians 1:27** - Only conduct yourselves in a manner worthy of the gospel of Christ, so that whether I come and see you or remain absent, I will hear of you that you are standing firm in one spirit, with one mind striving together for the faith of the gospel;

- A. Paul implies the importance of knowing who you are and what your purpose is
  - 1. You are a Christian! A child of God!
  - 2. You exist for fellowship with God and giving glory to Him through your life - Phil 1:9-11

**Philippians 1:9-11** - And this I pray, that your love may abound still more and more in real knowledge and all discernment, so that you may approve the things that are excellent, in order to be sincere and blameless until the day of Christ; having been filled with the fruit of righteousness which comes through Jesus Christ, to the glory and praise of God.

- B. The challenge to each Christian is not to identify your purpose but to embrace it!

### **II. Be of Submissive Mind** - Phil 2:1-8, 12-16

**Philippians 2:1-8** - Therefore if there is any encouragement in Christ, if there is any consolation of love, if there is any fellowship of the Spirit, if any affection and compassion, make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose. Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interests of others. Have this attitude in yourselves which was also in Christ Jesus, who, although He existed in the form of God, did not regard equality with God a thing to be grasped, but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross.

**Philippians 2:12-16** - So then, my beloved, just as you have always obeyed, not as in my presence only, but now much more in my absence, work out your salvation with fear and trembling; for it is God who is at work in you, both to will and to work for His good pleasure. Do all things without grumbling or disputing; so that you will prove yourselves to be blameless and innocent, children of God above reproach in the midst of a crooked and perverse generation, among whom you appear as lights in the world, holding fast the word of life, so that in the day of Christ I will have reason to glory because I did not run in vain nor toil in vain.

- A. Real obedience only comes when there is confidence, faith in the one whom you obey.
  - 1. Can the Bible really help you? Then submit to it!
  - 2. Can Jesus really save you? Then submit to Him!
  - 3. Will God really judge you? Then submit to Him!
- B. The Lord doesn't want a forced submission out of fear or coercion, but a genuine willingness to do what pleases Him because it's what's best for you.
  - 1. If your love and devotion are sincere and earnest, why wouldn't you happily give yourself to Him?
  - 2. If your influence is tangible to someone else, why wouldn't you give them the best example?
  - 3. If heaven is real and a solid promise, why wouldn't you want to do all you can to get there?

### III. *Be of Spiritual Mind* - Phil 3:7-15a

**Philippians 3:7-15** - But whatever things were gain to me, those things I have counted as loss for the sake of Christ. More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish so that I may gain Christ, and may be found in Him, not having a righteousness of my own derived from the Law, but that which is through faith in Christ, the righteousness which comes from God on the basis of faith, that I may know Him and the power of His resurrection and the fellowship of His sufferings, being conformed to His death; in order that I may attain to the resurrection from the dead. Not that I have already obtained it or have already become perfect, but I press on so that I may lay hold of that for which also I was laid hold of by Christ Jesus. Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. Let us therefore, as many as are perfect, have this attitude; and if in anything you have a different attitude, God will reveal that also to you;

- A. Spirituality to many is like a vapor
  - 1. Not really "there," real, practical
  - 2. Spirituality is as real as any reality we live in
  - 3. It is as practical as any tool we use and especially suited to our purpose and goal
  - 4. What matters most is making up our mind to acquire it
- B. I resolve with firmness to:
  - 1. Like Paul, forget those things which are behind and press forward
  - 2. Like David, lift up my eyes to my help
  - 3. Like Abraham, trust my God implicitly
  - 4. Like Enoch, walk in daily fellowship with my heavenly Father
  - 5. Like Moses, suffer rather than enjoy the pleasures of sin for a time
  - 6. Like Job, be patient and faithful in all circumstances
  - 7. Like Joseph, turn my back on all evil advances

8. Like Gideon, advance even when my friends are few
9. Like Andrew, strive to lead my brother to Christ

#### IV. *Be of Secure Mind* - Phil 4:4-9, 11-13

**Philippians 4:4-9** - Rejoice in the Lord always; again I will say, rejoice! Let your gentle spirit be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

**Philippians 4:11-13** - Not that I speak from want, for I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. I can do all things through Him who strengthens me.

- A. Worry, discouragement, mental/emotional anguish threaten our link to the Lord.
- B. While Once Saved Always Saved is a lie, we CAN rest in blessed assurance of our salvation.
  1. It comes from knowing where you belong in the Lord and that you're doing what you can to live squarely in His will.
  2. Even when circumstances dictate that you should be falling apart, the secure Christian will not, knowing that God can help him through.
  3. "It is a gloomy moment in the history of our country. Not in the lifetime of most men has there been so much grave and deep apprehension; never has the future seemed so incalculable as at this time. The domestic economic situation is in chaos. Our dollar is weak throughout the world. Prices are so high as to be utterly impossible. The political cauldron seethes and bubbles with uncertainty. It is a solemn moment of our troubles. No man can see the end."
    - a. Yesterday's newspaper?
    - b. Nope, it was first published in Harper's Weekly in October 1857.

C. Trouble will always be with us - Phil 4:8

**Philippians 4:8** - Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

#### **Conclusion:**

- A. Man is God's highest and most loved creation. He not only wants the best for us, He has supplied us with the means to enjoy it with peace and security.
- B. BUT, we must let Him guard them lest the devil steal them (Phil 4:7).