

Philippians 4:2–8 (NLT) — **2** Now I appeal to Euodia and Syntyche. Please, because you belong to the Lord, **settle your disagreement**. **3** And I ask you, my true partner, to help these two women, for they worked hard with me in telling others the Good News. They worked along with Clement and the rest of my co-workers, whose names are written in the Book of Life. **4** Always be full of joy in the Lord. **I say it again—rejoice!** **5** Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. **6 Don't worry about anything**; instead, pray about everything. Tell God what you need, and thank him for all he has done. **7** Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. **8** And now, dear brothers and sisters, one final thing. **Fix your thoughts on what is true**, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Matthew 13:22 (NLT) — **22** The seed that fell among the thorns represents those who hear God's word, but all too quickly **the message is crowded out by the worries of this life** and the lure of wealth, so no fruit is produced.

Four things that will strangle your peace:

1. STRIFE strangles.

- a. Forgotten their history together — had shared the Good News together
- b. Forgotten their mission together — had worked with Clement and the others
- c. Forgotten their future together — names in the Book of Life
- d. Paul says "BECAUSE YOU BELONG TO CHRIST," settle your differences!

2. ANGER strangles.

- a. Strife leads to anger.
- b. Paul's solution
 - i. Rejoice in the Lord!
 - ii. Rejoice in the Lord!
 - iii. Be gentle in all you do.
 - iv. Remember what's at stake

3. WORRY strangles.

- a. *Merimnao* — Jesus said that it CHOKES the life out of us.
- b. Things that worry us
 - i. Possessions — bills, house, cars
 - ii. Relationships — spouse, kids, family
 - iii. Future — Where am I going?
 - iv. Events — hurricanes, earthquakes, shootings
 - v. Culture — politics, feuds

- c. "Don't worry about ANYTHING."
 - i. Pray about everything.
 - ii. Tell God what you need.
 - iii. Thank Him for what He's already done.
 - iv. Experience His peace.
 - v. Let His peace guard your HEART and MIND.

4. Wrong THOUGHTS strangle.

- a. Don't fix your thoughts on false, dishonorable, unjust, impure, unloving, unworthy, chaotic, and undeserving things.
- b. Paul's list
 - i. True
 - ii. Honorable
 - iii. Right
 - iv. Pure
 - v. Lovely
 - vi. Admirable
 - vii. Excellent
 - viii. Worthy of praise