

Let Me Rethink That

Philippians: Fighting for Joy

2021-03-07 by Ben Deaver at Tallgrass Church on Philippians 4:8

CG Flow:

- Living Hope
- Do It Again
- Dismiss Sprouts
- Preaching
- Graves Into Gardens
- Is He Worthy? + Agnus Dei

Facebook Live Description:

Join us in person or online for Church in the Club! 10am Sunday mornings at the Boys & Girls Club of Manhattan or right here!

“Let Me Rethink That”

Philippians 4:8

March 7, 2021

Ben Deaver

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WEB: <https://tallgrass.church>

INSTAGRAM: <https://www.instagram.com/tallgrasschurch/>

YOUTUBE: <https://www.youtube.com/channel/UC0drX4wrsE5n9yLza8HSNIQ>

FACEBOOK: <https://www.facebook.com/tallgrasschurch>

*Because God first loved you, you exist to love God and love your neighbors!*

*Dismiss Kids and intro Mingle*

*Mingle Question(s):* What's on your mind today?

*Welcome + All the Things!*

- Why are we here? Why did we plant Tallgrass?
  - Chris Swanson's neighboring story

- Ladies' Night
- March Gladne\$\$
  - We're aiming to raise an additional \$5000 this month for a new trailer so that when you invite your neighbor to Tallgrass Church we can continue to cultivate an inviting environment and people can jump in and serve alongside one another.
  - Please consider giving towards our March Gladne\$\$ above and beyond regular giving.
- \$500 to Be Able + other Neighboring Fund initiatives

## *Philippians: Fighting for Joy*

Fighting for Joy—Relational Harmony, Gratitude, Prayer, Battling Anxiety, Thought Life,

- Plant. Weed. Feed. (repeat)

### Theater at Philippi

Consider the thought life of brothers and sisters in Philippi then and there. Put yourself in their shoes.

Why would Paul write this? What must they have been thinking about?

- What influences would've shaped the heart and mind of those living in Philippi?
- What kind of war-time trauma must have been present in Philippi?
- How many had seen the violence of the gladiatorial games?
- How many had visited cult prostitutes and engaged in all sorts of porneia, the Greek word for pornography? What kind of sexual trauma must there have been?
- What was their political thought life like?
- What was their home life like?
- What did their morning routines look like?
- What did their evening routines look like?

What does Paul want the Philippians Christ-followers to think about? The Psalms? Creation? Jesus Christ, the Carpenter from Nazareth? The God of Abraham, Isaac, and Jacob? Etc.

### Bill Snyder Family Stadium

Consider the thought life of brothers and sisters in Christ here and now

- What influences shape the heart and mind of those living in the Tallgrass Prairie?
- What kind of war-time trauma is been present in Manhattan, KS and the surrounding areas?
- How much violence is taken into our minds in our culture?
- How much pornography has shaped the minds of Manhattanites to create ruts of what sexual pleasure should be like? What kind of sexual trauma has been burned into the minds of many?
- What is political thought life like?
- What is home life like?
- What do morning routines look like?
- What do evening routines look like?

What does the Holy Spirit want us to think about as we read the Scriptures together this morning?

**Philippians 4:8** Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

*PRAY w/ palms up in surrender!*

## *This is Your Brain on Drugs*

- Through the years, scientists thought our brain was fixed. What you're born with is what you get. Recent scientific discovery has shown that our brain is not fixed, but is actually capable of significant change.
- This is what we're learning in the Sexual Integrity: 101 course that's happening on Thursday nights and what we learned during our 7 Pillars of Freedom group before that.
- This is very good news and should bring a lot of hope to you...especially if you're not satisfied with life as it is now.

## *THIS is Your Brain*

- Leaf, Caroline. (2013). *Switch on Your Brain: The Key to Peak Happiness, Thinking, and Health*. Grand Rapids, MI: Baker Publishing Group.
  - "Our brain is changing moment by moment as we are thinking. By our thinking and choosing we are redesigning the landscape of our brains."
  - "Our brain generates more electrical impulses in one day than all the cell phones on the planet."
- Our brain falls into ruts. This is important for us to function daily.
  - Think about driving home the same way everyday but when you actually need to run an errand before heading home but you still take the turns to get home without thinking about it. Well, you are thinking about it in the way you've been thinking about it.
  - When we drive a vehicle so much of what we're doing is on autopilot.
  - Officers being killed in gun fights because of their routines at the shooting range.
- The ruts of your brain can change...praise God!
- Neuroplasticity—the brain's ability to reorganize itself by forming new neural connections
  - Neurons that fire together wire together!
  - You actually can teach an old dog new tricks, as it turns out!
  - Think about the ruts in the brain that pornography consumption would cause. No wonder it would be difficult to be intimate with your spouse because you've trained your brain for something different. The good news is that you can retrain your brain towards intimacy with your spouse.
- This new scientific discovery is very hopeful...and consistent with what the Bible has taught us all along. We can retrain our brain. We can rethink things and change our mind dramatically.

**Romans 12:1-2** <sup>1</sup>I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. <sup>2</sup>Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Let me rethink that! That's my goal for each and every one of you, that you'd leave this morning ready to rethink some things.

- Repent = change your thinking = metanoia
- **Proverbs 23:7a NASB** For as he thinks within himself, so he is.
  - "I think, therefore I am." No, but "as I think, therefore I am" yes.
- **Colossians 3:2** Set your minds on things that are above, not on things that are on earth.
- **1 Peter 1:13** Therefore, preparing your minds for action (girding up the loins of your mind), and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.
- **2 Corinthians 10:3-6** <sup>3</sup>For though we walk in the flesh, we are not waging war according to the flesh. <sup>4</sup>For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. <sup>5</sup>We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, <sup>6</sup>being ready to punish every disobedience, when your obedience is complete.

## Think Happy Thoughts

Alton Brown diet—What would be good things to think about? Find something new to intentionally think about this week.

- What is true? What is honorable? What is just? What is pure? What is lovely? What is commendable? What is excellent? What is worthy of praise? Think about these things.
- Scripture, of course!—Scripture Memory—Isaiah 26:3; Romans 8:1; 1 Peter 5:7
- *Finding Quiet: My Story of Overcoming Anxiety and the Practices that Brought Peace* by J.P. Moreland
  - "Besides meditating on specific biblical texts, there are two scriptural strands of meditation sometimes overlooked. In the first scriptural strand, we are also urged to meditate on general abstract themes in Scripture, for example, on agape love, on justice, on hope, and so forth."
  - "Thus, the apostle Paul wisely urges that 'whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things' (Philippians 4:8)."
  - "Certainly, we would want to remember and meditate on God's wonderful acts toward us and those we care about. Remembering the times we received or gave of ourselves in love or extended forgiveness, times when the presence of God was especially precious, and answers to prayer—these are also proper objects for meditation."
    - Ebenezer
  - "Along these same lines, we could meditate on anything that is edifying and encourages us toward a life of Christian maturity and gratitude toward God, whether grand or small. And God's creation is a vast repository of objects to ponder and to offer thanks to God about, such as attending to the sound of rain, to ducks swimming in a pond, or even to the wonderful tastes of what we eat."
  - "When one is anxious and depressed, the so-called grand things of life may be difficult to hold one's attention. But anyone can start by being thankful for the taste of one's morning coffee or a glass of orange juice. How wonderful of God to create a world with such gratuitous pleasures!" –pp. 80-81
    - Creation

## Beautiful Brain

### Relationships

- Believe the best about others
- **Philippians 2:14** Do all things without grumbling or complaining...
- **Genesis 45:24** Then he sent his brothers away, and as they departed, he said to them, “Do not quarrel on the way.”
- **Proverbs 19:11** Good sense makes one slow to anger, and it is his glory to overlook an offense.
- No slander, no gossip

### Miscellaneous

- Things
- Ideas
- Paradoxes
- Tensions—Lenten Lament and Hope
- Anticipation and Memory
  - C.S. Lewis; something to look forward to; hope

### Music

- Sing about and listen to that which is true, good, just, lovely, etc.

### *Man of Your Word*

All things are possible  
 When we believe  
 All chains are breakable  
 When we receive  
 Yahweh, you keep your promises

If you said it, we believe it, If you said it

If you said it we believe it  
 If you said it we believe it  
 Cause you're a man of your word  
 If you said it we believe it  
 If you said it we believe it  
 Cause you're a man of your word

We have this confidence, you'll finish what you started  
 God you have never failed, you won't start with me  
 You're present in every step, patient in every heartache  
 God you have never failed, you won't start with me

## Positive Self-Talk

- We talk to ourselves with 300-1,000 words per minute. That's more than four times faster than we can talk out loud. If we wake up with a negative mindset we can tell ourselves 4,000 negative words within five minutes...and that's all before coffee.
- Preach the Gospel to yourself daily. This phrase was popularized by author Jerry Bridges.
  - *The Discipline of Grace* (1994) by Jerry Bridges
    - Chapter 3: Preach the Gospel to Yourself
    - Bridges says he got the phrase from Dr. Jack Miller
- *A Gospel Primer*

## Prophetic Promises

- Maris and Psalm 23

| Encounter with God/<br>Who You Are!                                                    | The Defining<br>Passage                                                                                                                                                                                                                                               | The Limbic Lie<br>From Hell                                                                                                 | The Prophetic<br>Promise                                                                                                                 |
|----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| Watching "Luther" and sharing it with EmmaHouse friends at the Stone Barn (2004?)      | 1 Thess. 1:5 ...because our gospel came to you not only in word, but also in power and in the Holy Spirit and with full conviction. You know what kind of men we proved to be among you for your sake.                                                                | You're a maverick. You're the problem. You shouldn't bring who you are.                                                     | You're a man of conviction who God is using to bring the gospel in word in power in the Holy Spirit and in full conviction.              |
| Holding the lamb in China (summer of 2005)                                             | Ps 23:1 The Lord is my shepherd...                                                                                                                                                                                                                                    | God doesn't really care about you. He's too busy taking care of the other sheep and so are His undershepherds.              | I care so very much about YOU!                                                                                                           |
| Utilizing Romans 8:1 to battle for peace in the middle of the night. (2009-2011)       | Rom. 8:1 There is therefore now no condemnation for those who are in Christ Jesus.                                                                                                                                                                                    | You're worthless!                                                                                                           | There's no condemnation.                                                                                                                 |
| Exodus 14:13-14 hitting me hard when doing Soul Care with Ken Goodyear. (Fall of 2017) | Ex. 14:13b-14 <sup>13b</sup> "Fear not, stand firm, and see the salvation of the LORD, which he will work for you today. For the Egyptians whom you see today, you shall never see again. <sup>14</sup> The LORD will fight for you, and you have only to be silent." | You have to figure things out on your own. You're alone.                                                                    | God is the Way Maker!                                                                                                                    |
| Watching the monarch butterfly Lula emerge from its cocoon. (9/6/14—9/17/14)           | 2 Cor. 5:17 Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.                                                                                                                                               | You'll be sunk by anxiety like others before you. It's just a matter of time before something bad happens.                  | I'm a NEW creation! I'm being transformed.                                                                                               |
| Walking at the Konza when God said, "You've done enough!" (4/29/20)                    | Matt. 25:21, 23 "His master said to him, 'Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of                                                                                                 | You've squandered and wasted your life. You had so much potential but didn't live up to it because of your fear of failure. | Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master. |

|                                                                                                       |                                                                                                                                           |  |  |
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|                                                                                                       | your master.”                                                                                                                             |  |  |
| Time at St. Benedict’s Abbey—“relational capacity” and “allow others to love you” (10/24/19—10/25/19) | Luke 7:47 “Therefore I tell you, her sins, which are many, are forgiven—for she loved much. But he who is forgiven little, loves little.” |  |  |

*Who I Am In Christ* resource from *Seven Pillars of Freedom Workbook* (pp. 154-155)

## Homework:

Think deeply about something new that fits Philippians 4:8 this week.

**Philippians 4:8-9** <sup>8</sup> Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. <sup>9</sup> What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

## PRAY!