



# MIND, BODY, HEART

When Overwhelmed in Life & Leadership

Philippians 4:8-9



***“Sow a thought, reap an action.  
Sow an action, reap a habit.  
Sow a habit, reap a character.  
Sow a character, reap a destiny.”***

**- - Charles Reade, 1814-1884**



*Far more labors  
Many more imprisonments  
Far worse beatings  
Many times near death  
One stoning  
Three shipwrecks  
Night and a day in open sea  
Frequent journeys  
Dangers from rivers  
Dangers from robbers  
Dangers from my own people*

*Dangers from Gentiles*

*Dangers in the city*

*Dangers in the wilderness*

*Dangers at sea*

*Dangers among false brothers*

*Toil and hardship*

*Sleepless nights*

*Hunger and thirst*

*Often without food*

*Cold and without clothing*

*Daily pressure and concern for all the churches*





**FIND JOY IN IT  
RISE ABOVE IT  
KNOW GOD'S IN IT  
PRAY THROUGH IT  
EXPERIENCE PEACE IN IT**



## 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 moral excellence and if there is anything praiseworthy—dwell on these things.*

*<sup>9</sup> Do what you have learned and received and heard from me, and seen in me, and the God of peace will be with you.*



# I. DWELL ON IT



## **PROVERBS 23:7a**

*For as he thinks within himself, so he is.*





## MARK 7:20-23

*<sup>20</sup> And he said, “What comes out of a person is what defiles him. <sup>21</sup> For from within, out of people’s hearts, come evil thoughts, sexual immoralities, thefts, murders, <sup>22</sup> adulteries, greed, evil actions, deceit, self-indulgence, envy, slander, pride, and foolishness. <sup>23</sup> All these evil things come from within and defile a person.”*



## ROMANS 1:21-22

*<sup>21</sup> For though they knew God, they did not glorify him as God or show gratitude. Instead, their thinking became worthless, and their senseless hearts were darkened. <sup>22</sup> Claiming to be wise, they became fools . . .*



## ROMANS 12:1b-2

*. . .I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your true worship. <sup>2</sup> Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.*






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**TRUTH**



## 2 CORINTHIANS 11:3

*But I fear that, as the serpent deceived Eve by his cunning, your minds may be seduced from a sincere and pure devotion to Christ.*



## COLOSSIANS 2:2b-3

*... —Christ. <sup>3</sup> In him are hidden all the treasures of wisdom and knowledge.*



## **ECCLESIASTES 12:12-13**

*<sup>12</sup> But beyond these, my son, be warned: there is no end to the making of many books, and much study wearies the body. <sup>13</sup> When all has been heard, the conclusion of the matter is this: fear God and keep his commands, because this is for all humanity.*





# PSALM 119:151b

*... and all your commands are true.*



## PSALM 119:160

*The entirety of your word is truth, each of your righteous judgments endures forever.*



## JOHN 17:17

*Sanctify them by the truth; your word is truth.*



## EPHESIANS 4:23-24

*... <sup>23</sup> to be renewed in the spirit of your minds,  
<sup>24</sup> and to put on the new self, the one created  
according to God's likeness in righteousness  
and purity of the truth.*





## PSALM 119:25

*My soul cleaves to the dust; revive me  
according to Your word.*



## PSALM 119:50

*This is my comfort in my affliction, that Your word has revived me.*



## PSALM 119:93

*I will never forget Your precepts, for by them  
You have revived me.*



## PSALM 119:107

*I am exceedingly afflicted; revive me, O LORD,  
according to Your word.*





## PSALM 119:149

*Hear my voice according to Your lovingkindness;  
revive me, O LORD, according to Your ordinances.*



## PSALM 119:154

*Plead my cause and redeem me; revive me  
according to Your word.*



## PSALM 119:156

*Great are Your mercies, O LORD; revive me  
according to Your ordinances.*



**HONORABLE**





JUST



## PROVERBS 12:5

*The thoughts of the righteous are just,  
but guidance from the wicked is deceitful.*



# PSALM 119:40b

*... Revive me through Your righteousness.*



## PSALM 143:11

*For the sake of Your name, O LORD, revive me.  
In Your righteousness bring my soul out of  
trouble.*





## ROMANS 12:18-21

*<sup>18</sup> If possible, as far as it depends on you, live at peace with everyone. <sup>19</sup> Friends, do not avenge yourselves; instead, leave room for God's wrath, because it is written, **Vengeance belongs to me; I will repay**, says the Lord. <sup>20</sup> But **If your enemy is hungry, feed him. If he is thirsty, give him something to drink. For in so doing you will be heaping fiery coals on his head.** <sup>21</sup> Do not be conquered by evil, but conquer evil with good.*



**PURE**



**ZAKAZ PARKOWANIA**





## MATTHEW 5:27-28

*<sup>27</sup> “You have heard that it was said, **Do not commit adultery.** <sup>28</sup> But I tell you, everyone who looks at a woman lustfully has already committed adultery with her in his heart.*









## HEBREWS 13:4

*Marriage is to be honored by all and the marriage bed kept undefiled, because God will judge the sexually immoral and adulterers.*



**LOVELY**



## **GENESIS 1:31a**

*God saw all that he had made, and it was very good indeed . . .*





# 1 CORINTHIANS 13:4-8a

*<sup>4</sup> Love is patient, love is kind. Love does not envy, is not boastful, is not arrogant, <sup>5</sup> is not rude, is not self-seeking, is not irritable, and does not keep a record of wrongs. <sup>6</sup> Love finds no joy in unrighteousness but rejoices in the truth. <sup>7</sup> It bears all things, believes all things, hopes all things, endures all things. <sup>8</sup> Love never ends.*



# PSALM 119:88a

*Revive me according to Your lovingkindness . . .*



**COMMENDABLE**



## PROVERBS 3:3-4

*<sup>3</sup> Never let loyalty and faithfulness leave you. Tie them around your neck; write them on the tablet of your heart. <sup>4</sup> Then you will find favor and high regard with God and people.*





**MORALLY**  
**EXCELLENT**



***“An idle mind is the Devil’s playground.”***

**- - H.G. Bohn**



## PROVERBS 10:9

*The one who lives with integrity lives securely,  
but whoever perverts his ways will be found out.*



## PROVERBS 11:3

*The integrity of the upright guides them, but  
the perversity of the treacherous destroys them.*





**PRAISEWORTHY**



## COLOSSIANS 3:1-4

*So if you have been raised with Christ, seek the things above, where Christ is, seated at the right hand of God. <sup>2</sup> Set your minds on things above, not on earthly things. <sup>3</sup> For you died, and your life is hidden with Christ in God. <sup>4</sup> When Christ, who is your life, appears, then you also will appear with him in glory.*



The image shows a road with yellow dashed lines. A grid of vertical yellow lines is overlaid on the road, creating a series of rectangular sections. The text labels are positioned within these sections, specifically in the middle row. The labels are: TRUE, HONORABLE, JUST, PURE, LOVELY, COMMENDABLE, MORAL EXCELLENCE, and PRAISEWORTHY.

TRUE	HONORABLE	JUST	PURE	LOVELY	COMMENDABLE	MORAL EXCELLENCE	PRAISEWORTHY	



## 2 CORNTHIANS 10:4b-5

*... We demolish arguments <sup>5</sup> and every proud thing that is raised up against the knowledge of God, and we take every thought captive to obey Christ.*





## GALATIANS 5:22-23a

*<sup>22</sup> But the fruit of the Spirit is love, joy, peace,  
patience, kindness, goodness, faithfulness,  
<sup>23</sup> gentleness, and self-control . . .*



**TRUE  
HONORABLE  
JUST  
PURE  
LOVELY  
COMMENDABLE  
MORALLY EXCELLENT  
PRAISEWORTHY**





## II. ACT ON IT



## 2 TIMOTHY 3:10

*But you have followed my teaching, conduct, purpose, faith, patience, love, and endurance . . .*





## JAMES 1:22-25

*<sup>22</sup> But be doers of the word and not hearers only, deceiving yourselves. <sup>23</sup> Because if anyone is a hearer of the word and not a doer, he is like someone looking at his own face in a mirror.*

*<sup>24</sup> For he looks at himself, goes away, and immediately forgets what kind of person he was.*

*<sup>25</sup> But the one who looks intently into the perfect law of freedom and perseveres in it, and is not a forgetful hearer but a doer who works—this person will be blessed in what he does.*



## PHILIPPIANS 3:17

*Join in imitating me, brothers and sisters, and pay careful attention to those who live according to the example you have in us.*



## 1 CORINTHIANS 4:16-17

*<sup>16</sup> Therefore I urge you to imitate me. <sup>17</sup> This is why I have sent Timothy to you. He is my dearly loved and faithful child in the Lord. He will remind you about my ways in Christ Jesus, just as I teach everywhere in every church.*



# 1 CORINTHIANS 11:1

*Imitate me, as I also imitate Christ.*





## 1 THESSALONIANS 1:6-7

*...<sup>6</sup> and you yourselves became imitators of us and of the Lord when, in spite of severe persecution, you welcomed the message with joy from the Holy Spirit.<sup>7</sup> As a result, you became an example to all the believers in Macedonia and Achaia.*



# **1 PETER 5:2-3**

*<sup>2</sup> Shepherd God's flock among you, not overseeing out of compulsion but willingly, as God would have you; not out of greed for money but eagerly; <sup>3</sup> not lording it over those entrusted to you, but being examples to the flock.*



# **III. EXPERIENCE PEACE IN IT**



## ISAIAH 32:17

*The result of righteousness will be peace;  
the effect of righteousness will be quiet  
confidence forever.*





## ROMANS 8:6

*Now the mindset of the flesh is death, but the mindset of the Spirit is life and peace.*



*“To think rightly, and to do righty – these  
will bring the blessed dove of heaven to  
brood in the nest of your soul.”*

- - F.B. Meyer







*“Sow a thought, reap an action.  
Sow an action, reap a habit.  
Sow a habit, reap a character.  
Sow a character, reap a destiny.”*





# WHEN OVERWHELMED IN LIFE AND LEADERSHIP

DWELL ON IT –  
**THINK RIGHT** with your **MIND**

ACT ON IT –  
**LIVE RIGHT** with your **BODY**

EXPERIENCE IT –  
**THE PROMISE AND PRESENCE  
OF PEACE**



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Philippians 4:8-9



# DISCUSSION QUESTIONS

- 1. Why is it so hard to control our thoughts? What are some practical things we can do to control our thoughts?*
- 2. Which 2 or 3 parking spots are the hardest to find and stay in? Why?*
- 3. Who are some godly examples in your life that you are following?*

