



**REDIRECTING THOUGHTS  
INSTEAD OF  
WORRYING**

*Whatever is True....*

<sup>6</sup> Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

<sup>8</sup> Finally, brothers, 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. <sup>9</sup> Whatever you have learned or received or heard from me, or seen in—put it into practice. And the God of peace will be with you.

Philippians 4:6-9 NIV84

# Whatever is true...

Truth: in accordance with the actual state or condition, conforming to reality or fact: not false.

Relativism: the doctrine that knowledge, truth, and morality exist in relation to culture, society, or historical context, and are not absolute.

Paul believed that truth is revealed by the living God who is the God of truth. God is the source of truth. Jesus is truth incarnate!

Jesus answered: "I am the way, the TRUTH and the life. No one comes to the Father except through me." John 14:6 NIV

# View of God from culture...



# Truth about God...

When feeling weak we must think about the Omnipotence of God.

<sup>26</sup> My flesh and my heart may fail, but God is the strength of my heart and my portion forever. <sup>28</sup> But as for me, it is good to be near God. I have made the Sovereign Lord my refuge; I will tell of all your deeds. Psalm 73:26,28 NIV84

“<sup>13</sup> I can do everything through him who gives me strength.” Philippians 4:13 NIV84

When feeling confused we must think about the Omniscience of God.

Trust in the Lord with all your heart and lean not on your own understanding; 6 in all your ways acknowledge him, and he will make your paths straight. Proverbs 3:5-6

5 If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. James 1:5

# Truth about God...

When feeling lonely we must think about the Omnipresence of God.

Where can I go from your Spirit? Where can I flee from your presence? 8 If I go up to the heavens, you are there; if I make my bed in the depths, you are there. 9 If I rise on the wings of the dawn, if I settle on the far side of the sea, 10 even there your hand will guide me, your right hand will hold me fast. Psalm 139:7-10

When lacking in resources we must think about the Provision of God.

The Lord is my shepherd, I shall not be in want. Psalm 23:1

“And my God will meet all your needs according to his glorious riches in Christ Jesus.”  
Philippians 4:19

# Truth about You...

1. Created in the image of God. Genesis 1:26
2. The image of God has been blurred by sin. Romans 3:23
3. Created for a purpose. Jeremiah 29:11, Ephesians 2:10

# Where is your thought life today?

Refrain from anger and turn from wrath;  
do not fret—it leads only to evil.

Psalm 37:8

## Be aware of the Enemy of truth!

You belong to your *father*, the devil, and you want to carry out your father's desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he *lies*, he speaks his native language, for he is a liar and the *father of lies*. John 8:44 NIV

Where is your thought life today?

Come to Jesus!

“I am the way, the truth and the life,  
no one comes to the Father except  
through me.”

-Jesus