

# IronWorks: True Lives: You can't fake know-how

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“Practicing” Philippians 4:4-9 Teacher: Roger Thompson

“Practical know-how is always tied to the experience of a particular person. It can't be downloaded; it can only be lived.” (Matthew Crawford)

**Gaining traction between mere thinking and actual living:**

① \_\_\_\_\_ **high ground:**

*“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near.”* Philippians 4:4-5

**Rx: Flex your will.** Remember your privileges and live pro-actively.

② \_\_\_\_\_ **fully on God:**

*“Do not be anxious about anything, but in everything by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”* Philippians 4:6-7

**Rx: Release your worries.** Experience the transcendent.

③ \_\_\_\_\_ **positively:**

*“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.”* Philippians 4:8

*“...be transformed by the renewing of your mind.”* Romans 12:2

**Rx: Feed your mind.** Restrict fast food.

④ \_\_\_\_\_ **what you know:**

*“Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.”* Philippians 4:9

“The general human failing is to want what is right and important, but at the same time not to commit to the kind of life that will produce the action we know to be right and the condition we want to enjoy...How can Jesus be my Lord if I don't even plan to obey him?” (Dallas Willard)

**Rx: Imitate what you have seen.** Listen, learn, and follow.

### **Small Group Discussion Questions**

- ① On a scale of 1 to 10, how joyful do I choose to be?
- ② Of the eight positive mental exercises in verse eight, which one has helped me most in my spiritual walk? Which one needs some attention?
- ③ What spiritual discipline or attitude do you practice today because you saw it first being lived by a good example? What is one voice you need to silence?
- ④ Pray. Release your worries about the day ahead, your family, or the world's troubles.