



PEACE
Under the Sun

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Family Bible Church

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Peace Under the Sun

⁴ Rejoice in the Lord always; again I will say, rejoice! ⁵ Let your gentle spirit be known to all people. The Lord is near. ⁶ Do not be anxious about anything, but in everything by prayer and pleading with thanksgiving let your requests be made known to God. ⁷ **And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus.** ⁸ Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence and if anything worthy of praise, think about these things.

Philippians 4: 4-8

I. Introduction

A. Guard our Hearts and Minds

1. How do we guard our hearts (Verse 6)
2. How do we guard our minds (Verse 8)

B. What matters in the long run?

Our relationship with God through his Son Jesus Christ

C. What matters "under the Sun?"

1. How closely we follow Christ
2. The strength of our earthly relationships
3. How well we manage our time
4. How well we manage our money
5. How well we take care of our health

D. Mismanaging any of these will substantially hurt our ability to enjoy our life "under the sun"

E. It is hard to have peace of mind when ...

1. Our relationships are crumbling
2. Our time is over committed
3. The wolf is at the door
4. We feel terrible or are facing a major health challenge

II. Guarding our Minds

*If you don't like the harvest, check the seeds.
Your thinking can't be all right if your life is all wrong*

A. Five precepts upon which all success "under the sun" is built

1. You are where you are because of the way you think
2. The way you think could not have possibly taken you anywhere else
3. If you want to change where you are, you have to change the way you think

*Romans 12: 2--Do not conform to the pattern of this world, but **be transformed by the renewing of your mind**. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will*

4. You believe what you do because of what you have fed your mind
5. If you want to change where you are in life, you have to change what you feed your mind
 - a. The books you read, sermons you hear, etc.
 - b. The people you surround yourself with
 - c. The entertainment you watch and hear
 - d. What you say when you talk to yourself

B. What does right thinking look like?

Proverbs 22:13: The lazy one says, "There is a lion outside; I will be killed in the streets!"

1. Optimism: Be realistic, see what can be
2. Responsibility: Think results not reasons
3. Initiative: Favor action over endless contemplation
4. Perseverance: Be persistent not stubborn
5. Perseverance: Be persistent not stubborn
6. Sacrifice: Seek wealth not riches

III. Relationships (5, 4, 3, 2, 1)

¹⁹ For though I am free from all people, I have made myself a slave to all, so that I may gain more. ²⁰ To the Jews I became as a Jew, so that I might gain Jews; to those who are under the Law, I became as one under the Law, though not being under the Law myself, so that I might gain those who are under the Law; ²¹ to those who are without the Law, I became as one without the Law, though not being without the law of God but under the law of Christ, so that I might gain those who are without the Law. ²² To the weak I became weak, that I might gain the weak; I have become all things to all people, so that I may by all means save some

1 Corinthians 9: 19-22

A. Five love languages

1. Quality Time
2. Gifts
3. Words of Affirmation
4. Acts of Service
5. Physical Touch

B. Four Personality Types

1. D - Demanding, driven, doers
2. I - Inspiring, interesting, interactive
3. S - Sweet, supportive, sensitive
4. C - Careful, cautious, contentious

C. Three Challenge Codes

1. P-code (Physical): How much do you like to be physically active and engage in physically demanding tasks?
2. M-code (Mental): How much do you like to expand your mind and explore the complexity of the world around you?
3. E-code (Emotional): How much do you like to have excitement and maybe even drama in your life?

D. Two Genders

Mark 10:6-8a ⁶ "But at the beginning of creation God 'made them male and female.' ⁷ 'For this reason a man will leave his father and mother and be united to his wife, ⁸ and the two will become one flesh."

1. Women tend to value relationships and want love
2. Men tend to be goal oriented and want respect

E. One basic human nature

1. We want to be heard, noticed, and appreciated
2. We don't want to be looked down upon, proven wrong, and taken for granted

IV. Finances

A. Put God First

1. Malachi 3: 8-12 ⁸ “Will a mere mortal rob God? Yet you rob me. “But you ask, ‘How are we robbing you?’ “In tithes and offerings. ⁹ You are under a curse—your whole nation—because you are robbing me. ¹⁰ Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this,” says the Lord Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it. ¹¹ I will prevent pests from devouring your crops, and the vines in your fields will not drop their fruit before it is ripe,” says the Lord Almighty. ¹² “Then all the nations will call you blessed, for yours will be a delightful land,” says the Lord Almighty.
2. Luke 6:38 Give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you.
3. Matthew 6:24 (ESV) No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.
4. 1 Timothy 6:10 For the love of money is a root of all kinds of evils. It is through this craving that some have wandered away from the faith and pierced themselves with many pangs.

B. Put your savings second

1. Don't live on 100%
 - a. Proverbs 21:20 The wise store up choice food and olive oil but a fool devours all he has.
 - b. Proverbs 21:17 Whoever loves pleasure will be a poor man; he who loves wine and oil will not be rich
2. Do not be a miser
 - a. Proverbs 3:27-28 ²⁷ Do not withhold good from those to whom it is due, when it is in your power to do it. ²⁸ Do not say to your neighbor, "Go and come again tomorrow" when you have it with you
 - b. Proverbs 11:25 A generous man will prosper; he who refreshes others will himself be refreshed.
3. Be Patient
 - a. Proverbs 13:11 Dishonest money dwindle away but he who gathers little by little makes it grow
 - b. Proverbs 28:20 A faithful man will abound with blessings, but he who makes haste to be rich will not go unpunished.
4. Diversify
 - a. Ecclesiastes 11:2 Invest in seven ventures, yes, in eight; you do not know which one will succeed, whether it is this one or that.
 - b. Proverbs 24:6 For by wise guidance you can wage your war, and in abundance of counselors there is victory

C. Third, live on what's left over after God and savings

1. Enjoy what God has given you

- a. Ecclesiastes 5:10 He who loves money will never be satisfied. He who loves money will never have enough. This too is vanity.
- b. Ecclesiastes 6: 1-6 ¹ I have seen another evil under the sun, and it weighs heavily on mankind: ² God gives some people wealth, possessions and honor, so that they lack nothing their hearts desire, but God does not grant them the ability to enjoy them, and strangers enjoy them instead. This is meaningless, a grievous evil. ³ A man may have a hundred children and live many years; yet no matter how long he lives, if he cannot enjoy his prosperity and does not receive proper burial, I say that a stillborn child is better off than he. ⁴ It comes without meaning, it departs in darkness, and in darkness its name is shrouded. ⁵ Though it never saw the sun or knew anything, it has more rest than does that man— ⁶ even if he lives a thousand years twice over but fails to enjoy his prosperity. Do not all go to the same place?

2. Avoid Debt

- a. Proverbs 22:7 The rich rules over the poor, and the borrower is the slave of the lender.
- b. Proverbs 22:26-27 ²⁶ Be not one of those who give pledges, who put up security for debts. ²⁷ If you have nothing with which to pay, why should your bed be taken from under you?

3. Trust God with your finances

- a. Hebrews 13:5 Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you."
- b. Psalm 37:25 I have been young, and now am old, yet I have not seen the righteous forsaken or his children begging for bread.
- c. Matthew 6:33: But seek first the kingdom of God and his righteousness, and all these things will be added to you.

4. Don't trust anyone else

- a. Proverbs 14:15 The simple believe anything, but the prudent give thought to their steps.
- b. John 12:4-6 ⁴ But Judas Iscariot, one of his disciples (he who was about to betray him), said, ⁵ "Why was this ointment not sold for three hundred denarii and given to the poor?" ⁶ He said this, not because he cared about the poor, but because he was a thief, and having charge of the moneybag he used to help himself to what was put into it.

V. Time Management: 24 Time Basics

- A. The Perception Principle: It Is Later Than You Think (Ecclesiastes 7:2; Psalm 90:10-12; Psalm 39:4-5; James 4:14b; John 9:4; Colossians 4:5; Psalm 90:12; Ephesians 5:15-17; Matthew 25:14-30)
- B. The Principle of the Excluded Alternative: To Say "Yes" to Something Is to Say "No" to Something Else (Luke 10:38-42; Proverbs 10:5; Luke 16:13; Philippians 3 12-14; Nehemiah 6:2-3)
- C. The Effort Principle: You Can Do Anything but You Cannot Do Everything (Philippians 4:13; Hebrews 12:1; 1 Corinthians 7:27-28, 32-35, 38; Ecclesiastes 9:9-10; Ecclesiastes 5:18-20; Proverbs 12:11; Psalm 31:14-15)
- D. The Priority Principle: Words Can Be Deceptive but Behaviors Don't Lie (James 1:22; Ecclesiastes 3:11; Matthew 6:33; Proverbs 14:23; Proverbs 20:11; Proverbs 24:27)
- E. The Value Principle: Poverty Awaits Those Who Spend High Value Time Doing Low Value Things (Ecclesiastes 10:16-17; Ecclesiastes 3:1-8; Proverbs 21:17; Proverbs 20:4; Proverbs 20:13; Proverbs 21:25-26; Proverbs 6:9; Proverbs 6:6; Proverbs 10:4; Proverbs 28:19)
- F. The Distraction Principle: The Most Appealing Path Is Seldom the One We Are On (Luke 9:57-62; Proverbs 17:24; Proverbs 4:25-27; Proverbs 11:3)
- G. The Chaos Principle: The Pull In Life Is Always Towards Chaos and Never Towards Order (1 Peter 4:12; Proverbs 27:23-27; Proverbs 24:30-34; Ecclesiastes 9:11)
- H. The NYCNO Principle: The Value in Planning Comes From the Process Not the Plan (James 4:13-15; Luke 14:28-32; Proverbs 12:5; Proverbs 16:3; Proverbs 16:9; Proverbs 16:33; Proverbs 19:21; Proverbs 20:24; Proverbs 21:5; Proverbs 21:30; Proverbs 21:31; Proverbs 27:1)
- I. The Process Principle: Master the Process and the Results Will Take Care of Themselves (1 Corinthians 14:33a; Proverbs 28:20)
- J. The System Principle: Any System Is Better than No System (Proverbs 14:15; Psalms 37:23)
- K. The Hard Time Principle: Hard Time Crowds Out Soft Time (Proverbs 3:9; Exodus 20:8-11; Hebrews 10:25; 1 Peter 5:8)
- L. The Efficiency Principle: If You Are Always Working You Don't Have to Be Efficient (Genesis 2:1-3; Mark 6:30-32)
- M. The Procrastination Principle: An "I'll Do It Tomorrow" Attitude Can Yield "I Should Have Done It Yesterday" Results (Luke 16:10; Ecclesiastes 5:4; Proverbs 3:27-28; Proverbs 6:1-5)
- N. The Momentum Principle: To Keep Going, Get Moving and Don't Stop (Proverbs 15:19; Proverbs 19:15)

- O. The Clarity Principle: Clarity Speeds Things Up. Confusion Slows Things Down. (1 Corinthians 9:24-27; Proverbs 11:14; Proverbs 29:18)
- P. The Andretti Principle: If Everything Seems Under Control, You Just Aren't Going Fast Enough (Proverbs 14:4)
- Q. The Discernment Principle: Activity Does Not Mean Progress and Urgent Does Not Mean Important (Proverbs 19:24; Proverbs 12:27)
- R. The Principle of Useless Perfection: Nothing Is as Useless as Doing Well That Which Should Not Be Done at All (1 Corinthians 14:40; Proverbs 27:14)
- S. The Mastery Principle: The Surest Way to Save Time Is to Get Better At What You Do (Proverbs 19:2; Proverbs 22:29; Ecclesiastes 7:19; Proverbs 26:16; Proverbs 24:3-4; Proverbs 15:14; Proverbs 16:16; Proverbs 19:27; Proverbs 16:20; Proverbs 18:15; Proverbs 20:29; Proverbs 24:5)
- T. The Aristotle Principle: Excellence Is Not an Act but a Habit (Proverbs 13:11; Proverbs 20:21; Proverbs 18:9; Ecclesiastes 7:8)
- U. The Discipline Principle: It Is Impossible to Enjoy a Good Life Without Self-Discipline (Galatians 5:22-23; 2 Timothy 1:7; Titus 1:8; Titus 2:6-9; Ecclesiastes 10:1; Proverbs 25:28; Proverbs 7:6-27)
- V. The Team Principle: To Go Fast, Go Alone. To Go Far, Build A Team. (Proverbs 14:28; Proverbs 20:18; Proverbs 11:14; Proverbs 27:17)
- W. The Balance Principle: Balance Comes From Quality Time at Work and Quantity Time at Home (Exodus 18:2,6-10,13-26)
- X. The Reality Principle: The Future Is More Real Than It Appears (Matthew 25:1-10; Ecclesiastes 12:1-8)

