



**Title:** Linkup 5 – more party!  
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*Our assumption: An intimate daily connection with Jesus, through His Word and Spirit, will cause the rest of my life to be transformed in due time.*

- Have you connected with God lately?

Romans 14:17 (ESV) <sup>17</sup> *For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit.*

Proverbs 15:15 (NLT) <sup>15</sup> *For the **despondent**, every day brings trouble; for the happy heart, life **is a continual feast**.*

- \*Condemnation is a party pooper. So is worry.

#### Re-cap:

1. Peace (through the cross.)
2. Come boldly – [Get a journal]
3. Get joy [Praise with a CD]
4. Why linkup? So you can know Him.
5. Today: our thought life

Philippians 4:4–7 (NKJV) <sup>4</sup> *Rejoice in the Lord always. Again I will say, rejoice!* <sup>5</sup> *Let your gentleness be known to all men. The Lord is at hand.* <sup>6</sup> *Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;* <sup>7</sup> *and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*

### Guard your mind [with hedges]

Philippians 4:4 (NKJV) <sup>4</sup> *Rejoice in the Lord always. Again I will say, rejoice!*

- **Hedges (keeping the bad out)**
  - **Work** – thus far and no more.
  - **Worldly influence** – entertainment
- **Sabbath** – *one day a week you resign from your primary vocation.*

### Renew your mind [with thanksgiving]

1 Thessalonians 5:16–18 (ESV) <sup>16</sup> *Rejoice always,* <sup>17</sup> *pray without ceasing,* <sup>18</sup> *give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*

- Find something to be thankful for

Matthew 6:22–23 (NKJV) <sup>22</sup> *“The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light.* <sup>23</sup> *But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness!*

- **1) Focus:** power of evil or the power of God?
- **2) Focus:** power of sin or power of the cross?
- **3) Focus:** how useless I am or how much He loves us?
- **Temptation** – Don't focus on not doing something, focus on Jesus:

## Unburden your mind [through prayer]

Philippians 4:6–7 (NKJV) <sup>6</sup> *Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;* <sup>7</sup> *and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*

\*List of prayer requests. \*List – distractions / to do's

## Fix your mind / thoughts [on the promises of God]

Philippians 4:8 (NKJV) <sup>8</sup> *Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.*

- Find good things to meditate on. If nothing around you, then meditate on God.
- **Promises:** Fix your thoughts the word of God.
- **\*Practical:** write key scriptures in a journal or carry it with you on your phone. Meditate on these scriptures, memorise these scriptures, let it fill you. Pray them back to God. Depth, let it sink in.

2 Peter 1:19 (NKJV) <sup>19</sup> *And so we have the prophetic word confirmed, which you do well to heed as a light that shines in a dark place, until the day dawns and the morning star rises in your hearts;*

- Morning star rises in our hearts... let Jesus then reign in our hearts when we hold onto God's word.

John 15:11 (NKJV) <sup>11</sup> *"These things I have spoken to you, that My joy may remain in you, and that your joy may be full.*

- The words of God give us joy.

## Conclusion

1. **Guard your mind** – set hedges + have a weekly Sabbath.
2. **Renew your mind** – thanksgiving
3. **Unburden your mind** – prayer
4. **Fix your mind** – on promises of God – one scripture every day or few days