



## Bethany 'Time Out' Devotional – November 8, 2020

By Jen Heyer

### Read this Devotional.

Philippians 4:4-9 says, "Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the **peace** of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of **peace** will be with you."

God promises His peace and His presence to us. We are His temple and the Holy Spirit lives within us. Because of this, we have access to the same power that raised Jesus from the dead. However, we so often let the enemy tear us down and tell us lies. Paul tells us in the above verses that we do not need to worry about anything and that we can instead choose to lay our cares at the feet of the One who loves us most. And the beautiful thing is that, when we do that, the Peace of God surrounds us. What a gift!

Then Paul does something amazing. He gives us a tool to be able to fight against our enemy. In verses 8 and 9, he gives us a list of things to test our thoughts against. He tells us that if we are worried or anxious about something, we need to test it against the truth of God. If it is not true, honorable, just, pure, lovely, commendable, excellent, or praiseworthy, we are to cast it out of our minds in Jesus' name! And when we are faithful to do this, then God's peace will be with us.

### Talk about (10-30 minutes)

Martin Luther once said, "You cannot keep birds from flying over your head but you can keep them from building a nest in your hair." What do you think this means and how can it help us nowadays?

### Work through these discussion questions (10-15 minutes)

1. What is the difference between joy and happiness?
2. How can we rejoice in this season?
3. What does it look like to take every thought captive?