

Phil 4:8-9

Series on Philippians

- Paul in Chains
- Deal with Conflict
- Do the Impossible – Rejoice Always
 - address anxiety
 - prayer and petition, thanksgiving, make request
 - peace will guard your hearts and minds
- Deal with your thought life
- Take action

“Finally, brothers and sisters, 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. 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.”

1. Establish Filters

- vs. 8 – ‘finally.....think on these things’

a) Mindset Establishes Attitudes and Actions

- what we think affects everything

- believe we are in trouble – nervous, guilty, defensive

- believe we are celebrated – eager, anticipating,
open

- what we dwell on, allow to occupy thoughts important
- Proverbs 4:23 ***“Above all else, guard your heart, for everything you do flows from it.”***
- Mark 7:18-23 ***“Are you so dull?” he asked. “Don’t you see that nothing that enters a person from the outside can defile them? For it doesn’t go into their heart but into their stomach, and then out of the body.” (In saying this, Jesus declared all foods clean.) He went on: “What comes out of a person is what defiles them. For it is from within, out of a person’s heart, that evil thoughts come—sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and defile a person.”***

- 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.”***

- 2 Cor. 10:5 ***“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”***

- Psalm 1:1-3 ***“Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers.”***

- Eph 4:22-23 ***“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.”***

- clear call in scripture to deal with our minds – thinking

b) filters for our minds

- doesn't begin with all the things to avoid

- exhorts them to choose to think on certain things

- loves that he uses term 'whatever is'

 - not a list of don'ts but examine and choose

- seemingly a decision we choose

i) whatever is true

- accept there is a standard of truth
- scripture clear – ‘truth will set you free’
- God’s word is truth – authoritative beyond our opinion
- clear that Satan a liar – our hearts deceitful
- live in reality – avoid fantasy
- the more we entertain the unsubstantiated opinions and ideas of our culture as fact – the further we drift from God’s design for our lives.
- know and embrace the truth about God, about ourselves, about relationships, about actions

ii) noble / honorable

- gk carries idea of honest, worthy of emulation
- idea of reverence for someone or something
- motives, purity of reason and action

iii) right

- in harmony with God's standards, righteous
- many suggestions in our culture – do what you think is right, Paul say's – think about what is right and that's what you will desire to do

iv) pure

- opposite is impure – root out impurity from thinking
- without fault or blemish, clean

v) lovely

- gk. Beautiful and attractive – winsome and pleasing
- applies to things and people – God's creation has great beauty. Note- when we see the ugly (failures of people, destruction of creation, negative – we become discouraged and distrustful, negative) when we notice the lovely we are positive and encouraging

vi) admirable

- well thought of, worthy of admiring, worth noticing and encouraging
- worth striving towards and emulating

vii) Excellent

- outstanding and exceptional
- inspirational in our efforts, pulls us forward
- noticing and embracing – gives great encouragement

viii) Praiseworthy

- recognition of something and a response
- in others lives and efforts
- towards God for who He is, what He has done
- gives us an attitude of gratitude and encouragement

* look for whatever is..... And allow that to be where your mind is centered and thinking is focused – for it will affect your desires and actions *

2. Turn Knowledge into Action

- take responsibility for this information – get going

a) What you have Discovered

- learned, received or heard – information
- learned from the teaching, letters, instruction
- heard from the conversation, relationships, life
- received from Holy Spirit conviction, truth taken root in receptive hearts

b) Demonstrate in Obedient Action

- seen in me – my actions emulating my convictions
- put it into practice

- find gateways for putting to use what you learn
- as you discover truth, demonstrate that with determined obedience
- find starting points and get going

c) Duplicate – the God of peace will be with you

- God will effect this work in your life
- will empower you, be faithful to you, will do in you as you entrust him
- not something you do alone – learn, begin to practice, allow God to empower and do

So What

Remember his challenge – rejoice in the Lord always.

Paul able to teach this because of his life and example

Step One – Deal With Anxiety – robs you of ability to rejoice

- prayer, petition, thanksgiving, make requests
- allow the peace of God to guard your hearts and minds

Step Two – Deal With Your Mind

1. Establish some Filters

- be aware of what is dwelling in your thoughts
- it matters what your mind is set on – affects everything

- You can choose - whatever is.....
- true, noble, right, pure, lovely, admirable, excellent, praiseworthy – if it fits the criteria let it dwell in your consideration
- whatever does not fit – will rob you of the ability to rejoice and should be rejected for meditation and consideration

2. Take Action on these Matters

- what you have discovered to date
- what you have seen demonstrated
- find gateways to build action into your life
- allow the heart of God to be duplicated in you
- allow your life to be worthy of duplication by others