

## THINKING AND DOING (Philippians 4:8-9)

- ...Most of us have heard the old expression, "You are what you eat." If you strive to eat a healthy, well-rounded diet, chances are you will be healthy. But if you fill your body with junk food, not giving your body the nutrients that it needs, sickness and illness may well be your destiny.
- ...What is true in the physical realm is also true in the spiritual realm. Rather than eating, the spiritual realm deals with our thinking. Here it is: "You are what you think." If you think the thoughts of God with a healthy dose of Bible intake, chances are you that you will know the blessings of God in your life. But if you fill your mind with junk, like entertainment, popular reading, bad movies, your spirit will not be strengthened in the inner man. Sin and evil will easily overtake you.
- ...Paul concludes his brief series of commands by calling us to Godly thoughts and ways by the power of the Gospel.

**TWO COMMANDS FURTHER HELPING US TO LIVE IN THE JOY AND BLESSING OF THE LORD.** "For the God of peace will be with you." (v.9b)

### I. **Godly Thoughts: We Are To Dwell On The Good. (v.8)**

- ..Our sin always begins within us, with our thoughts and intentions and then it moves into action. Right deeds begin in the exact same way, they begin with the thoughts of our mind and move into...
- ...Paul spells out in detail the things we ought to think about as Christians. 8 qualities: "Dwell on these."
- A. "True." This is everything that God is. This is everything that is not false. It is that which is reliable and honest. True. It characterizes God and should characterize us as believers.
- B. "Honorable." This describes those who are to be esteemed or respected. It does away with all silliness and disrespect. Noble. It is a quality that makes one worthy of respect.
- C. "Just." This speaks of fairness and justice, when all is as it should be. It describes righteous words and deeds. It does away with all partiality, prejudice and favoritism.
- D. "Pure." This word is often translated as holy. It emphasizes moral purity. It is to be free from defilement. It speaks of the clean, wholesome, and chaste. The opposite of dirty, corruption...
- E. "Lovely." This speaks to that which is pleasing, agreeable, and amiable. It describes the pleasant and enjoyable. It speaks of comfort, ease, love, peace, and happiness.
- F. "Commendable." This points to things praiseworthy and attractive. Admirable. This tells of those things that are good to hear. It is the good report.
- G. "Excellence." This tells of moral goodness. It speaks of virtue and nobility. It speaks of those things that are best in man...self-sacrifice and heroism.
- H. "Worthy of praise." This describes anything that is worthy of recognition. Those things for which we want to stand and applaud. It speaks of high human achievement. It can speak of any of the attributes of God.
- ...These eight qualities describe the good of this life. They speak of God's goodness. Paul tells us at the end of verse 8, "Dwell on these things." Put them in your mind and meditate upon them.
- ...What a timely word for us who now live in the digital age...it is so easy to fritter away our time reading and watching all sorts of things. It is good, but there is danger in all of this media. Distraction causing us to fail to focus our attention upon the true, the honorable, etc.
- ...Proverbs 4:23..."Guard your hearts..." 2 Corinthians 10:5 "Take every thought captive to obey..."
- ...Memorize the Word. Sing songs of praise and worship. Don't allow your thoughts to stray.

### II. **Godly Ways: We Are To Practice What Is Right. (v.9)**

- ...Paul again puts forth a list and then gave the command at the end of the verse, "Practice these things."
- A. Practice the things (the Christian life) that had been learned, received, heard, and seen in Paul.

1. Paul was saying, "Do as I do." "The eye is a better learner than the ear."
  2. Intentionally build these things into your daily life. Imitation...
- B. The result of doing this, "The God of peace will be with you."  
 ...That is, as we dwell on the good, and practice what is right, the promise of God's sweet presence in our life is assured. He will bring His peace with Him.  
 ...Remember the little saying: "Sow a thought, reap an act. Sow an act, reap a habit. Sow a habit, reap a character. Sow a character, reap a destiny!"

#### SO WHAT? WHAT DIFFERENCE SHOULD THIS MAKE IN YOUR LIFE?

1. You will never rise in your Christ-like character if you continue to entertain unworthy, ungodly thoughts in your daily life. God tells us "To guard our hearts," be like a soldier standing guard and protecting that which is like a treasure...your heart.
2. Fill your mind with the Scriptures by daily reading and study of the Word and you will grow to be like Jesus. You must feed your faith. A daily diet of the Word is the best way to do so. By doing this, your life will change for the better.
3. Thinking and doing are directly connected, don't fool yourself thinking you can "play with fire" (your thoughts), and not be "burned." You are what you think, ask the Lord, through the power of the Gospel to change you. Repent of your sin, by confessing it and turning away from it to the Lord. If you know you are weak in some area and have failed repeatedly, don't put yourself in places or activities that will tempt you.
4. The Lord Jesus is calling today for you to believe upon Him as your Savior and receive Him as your Lord. Will you call upon Him in prayer and be saved from your sins?

#### DISCUSSION QUESTIONS FOR LIFE GROUP:

1. When are you most vulnerable to having your thoughts wander off into areas that are not good? Is there a pattern?
2. How do you handle the time you spend "surfing the net?" Do you find yourself spending way too much time connected? Then how do you handle the corrupting influences that are merely at your fingertips? In a word, how do you "guard your heart?"
3. How do you lead your thoughts and not have your thoughts lead you? Do you realize how powerful your thoughts really are?
4. Who do you find yourself imitating in your Christian life? Paul modeled for the Philippians a godly life, who has this role in your life?