

“The Thoughts that Will Change Your Life”  
Philippians 4:8 (Oct. 23, 2011)

THINK...DWELL ON...MEDITATE ON...FOCUS ON...

1. God’s Truth!

*“whatever is true”*

2. God’s Goodness!

*“whatever is honorable”*

3. God’s Holiness!

*“whatever is right...pure”*

4. God’s Love!

*“whatever is lovely”*

5. God’s Glory!

*“whatever is of good repute”*

6. God’s Perspective!

*“...if there is any excellence”*

*“and if anything worthy of praise”*

The Power of “right” thinking...

1. Faith in God grows. (Heb. 12:2)
2. Peace of God grows. (Isa. 26:3 NLT)
3. Obedience to God grows. (2 Cor. 10:5)
4. Joy of God grows. (Neh. 8:10-12)

**Application:**

1. How is your thought life? Which element of God’s character is the easiest to remember? What is the most difficult?
2. What steps toward right thinking can you begin this week?

Bible Study Questions/ Discussion  
"The Thoughts that will Change Your Life"  
Philippians 4:8

1. Discuss this quote from J. Oswald Sanders –“The mind of man is the battleground on which every moral and spiritual battle is fought.” Have you seen this in your life experience? Read Philippians 4:8. Discuss the power of correct thinking. (Prov. 23:7; Rom. 8:6; 12:2; I Peter 1:13)
2. Our thought life should be based on what is true. Review the four sources of truth-
  - John 17:17 –
  - John 14:6 –
  - John 16:13 –
  - Eph. 4:25 –
3. What is Satan seeking to do with people? (John 8:44; 2 Cor. 4:4) What do we need to do to become people who are thinking what is true? (Acts 17:11; Psalm 1:2)
4. We also need to dwell on what is honorable or the goodness of God. Discuss what “honorable” thoughts look like. (Review a qualification of an elder in I Tim. 3:8 – to be men of “dignity.” What does that mean? If a person is undignified in their thinking what are they dwelling on?)
5. We are also to dwell on what is “right and pure.” (Phil. 4:8) What did Jesus say about purity? (Matt. 5:8) What is our standard of purity? (I John 3:3) Discuss the kind of thoughts that are not pure. How can we keep our thoughts clean in a “filthy” world? What areas are the most difficult for you?
6. We also need to have “lovely” thoughts. More than flowers, butterflies and puppies, what is Paul trying to say to us about our thoughts? If there was a filter for your thoughts called “love,” how many thoughts would be filtered out in a given day?
7. A good reputation should be highly valued. Things or thoughts that God would commend or that are attractive to Him are the focus. Make a list of some of the thoughts that please the Lord. Read 2 Cor. 5:20 and discuss the life of a Christian as an ambassador for Christ.
8. Phil. 4:8 concludes with an overall statement –“...if there is any excellence and if anything worthy of praise, dwell on these things.” This is a statement from God’s perspective, of what matters to Him. Read I Peter 2:9 and discuss the “excellencies of Him who called you out of darkness into His marvelous light.”
9. If we dwell on the things mentioned in Phil. 4:8, discuss the spiritual results in your walk with Christ. Pray for one another to make better choices in our thought life.