

## **You Are What You Think (Philippians 4:8,9)**

- The battle for the Christian life is fought in the mind (2 Cor 10:5)
- It is imperative that we yoke our hearts & minds to Christ (Prov 4:23)
- Jesus added to the 'Shema' love the Lord will all your heart, soul & mind
- Four imperatives in vv 4-7: rejoice, be gentle, do not be anxious, pray

### **I. Thinking That Cultivates the Peace of God in Our Live (4:8)**

- 'Whatever': every area of our lives, whatever accords with godliness
  - 1) *Contemplate whatever is true* (Col 1:5; John 17:17; Rom 12:2 )
  - 2) *Whatever is noble* (Titus 2:2; 1 Tim 3:8,11; Rom 13:13; 2 Cor 8:21\*)
  - 3) *Whatever is just* (Phil 1:7; Luke 2:25; 23:50)
  - 4) *Whatever is pure* (1 Tim 4:12; Titus 2:14; James 3:17)
  - 5) *Whatever is lovely* (1 Cor 13: 1-13; 1 Peter 4:8)
  - 6) *Whatever is of good report* (Col 4:5)
- Summary: "if there is any virtue, if there is anything praiseworthy"
- Command: "think about these things" meditate [continually] on these things

### **II. Imitating Those who Practice the Presence of Christ (4:9)**

- *Living example*: "things you learned & received, heard and saw in me"
- Things they learned & received: apostolic faith (Biblical Christianity)
- *Summary call*: "practice these things ... God of peace will be with you"
- Truth: We've not understood these things until we have lived them out
- The "whatevers" become reality on the basis of the choices we make