

Thinking Good Thoughts

Review

1. The challenge not to be anxious
2. The practice of praying in the midst of our cares
3. The peace of God guarding our hearts and minds

Meditate on good thoughts

“Finally, brethren, whatever things are true,...—meditate on these things.” (Phil 4:8)

1. λογίζεσθε...logizomai...to reason, to think, to account
 - a. The use of the imperative...a command
 - b. There is the use of the logic...to reason, to think

The good things that we should fill our mind with

“Whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy...” (Phil 4:8)

1. ὅσα... hosos...correlative pronoun...as many as, whatever
2. The good things
 - a. alethes...true
 - b. semnos...honourable, noble
 - c. dikaios...just
 - d. hagnos...clean, pure
 - e. prosphiles...pros...toward + phileo...love = acceptable, lovely
 - f. euphemos...eu...good + pHEME = good report, reputable
 - g. arête...excellent, virtue
 - h. epainos... epi...on + ainos...praise = laudable, praiseworthy
3. The kind of thoughts that we should think about
 - a. This list is meant for us to determine the quality of our thoughts

- b. Only these kinds of good thoughts should fill our minds and hearts

The practice of the Word of God

“The things which you learnt and received and heard and saw in me, these do,” (Phil 4:9)

- 1. The things learnt
- 2. The things received
- 3. The things heard
- 4. The things seen

Emulating the example of Paul

- 1. Practice
 - a. *πρασσετε*...prasso...practise, do
- b. The challenge that Paul gave was “These do”

Sensing the presence of the God of peace

“and the God of peace will be with you.” (Phil 4:9)

- 1. *kai*
 - a. Connective *kai*
 - b. There is a connection between doing those things and the God of peace
- 2. The God of peace
 - a. He is full of peace
 - b. He gives His peace to all
 - c. He will be with us
- 3. The presence of the Lord
 - a. His presence will be with us
 - b. Sensing His presence through all the challenges of life