

## Think on These Things—Think About What You Think About— January 30th/February 2, 2020

Scripture: Philippians 4.8

### **Philippians 4.8 (NIV)**

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.

Other verses about what to think about:

### **Romans 8.5 (NIV)**

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.

### **Romans 8.6 (NIV)**

The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

### **Romans 12:2 (NIV)**

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

### **2 Corinthians 10:5 (NIV)**

We take captive every thought and make it obedient to Christ.

### **Proverbs 23.7 (NIV)**

For as he thinks in his heart, so is he.

## Read and Discuss

### **Introduction**

Jacob began a new series based on a verse from Philippians 4. We were asked to think about what we think about. What are our minds set on? Our thoughts are central to our actions and our identity. What can we think about so that our minds are on the things of God?

### **Engage the Scripture**

- Read the “*Other verses about what to think about*” above. What do these verses have in common? How does the mind relate to the Spirit? How does our mind relate to this world? How ought our minds relate to Christ?

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- Jacob taught that, ‘What you think about affects how you feel’. How is this true in your life? Can you think of a time that changing your thinking had an impact on the way you felt? What other words do you use to talk about this reality? (i.e., change of perspective, a new attitude)
- Jacob also taught that, “What you think about affects what you do” Our actions can flow from our thinking. Have you ever caught yourself acting in a way that was attached to faulty thinking? Describe.
- It’s also true that, “What you think about affects who you are.” Have you ever felt that you no longer recognize the person looking back at you in the mirror? You may react out of anger when that’s not who you are deep inside. Is your outward life out of alignment with your core identity? Is it possible that you could set your mind on better things?
- Read Philippians 4.8. What are some other words you might use to describe, “whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable”? What does it look like to set your mind on right things? or pure things? or lovely things?
- Read Luke 15. Here we see what Jesus’ mind seemed to always be on, and what he wants his followers to have on their minds—lost things. How much time do you spend thinking about those who are outside of community and relationship with Jesus? How could you intentionally spend more setting your mind on the lost things around you? If you feel like one of the lost things from Luke 15, setting your mind on coming home will lead to you seeing the lost along the way.

### **Pray**

Pray these words from Luke 15.

*‘Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.’ and yet I hear you say to me, “this (child) of mine was dead and is alive again; he was lost and is found.’ Thank you God for pursuing me. Amen.*