

Think on These Things—True, Noble, Right— February 6th and 9th, 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.

Philippians 4.12-13

I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

Read and Discuss

Introduction

Pastor Regina walked us through Paul's instructions to think about things that are true, noble, and right. In moments of stress or frustration, fear or anger, we can think about things that are not the best things. And so we can frame our thoughts around these things that Paul mentioned, Regina said they are like a recipe or medicine for our minds.

Engage the Scripture

- Read Philippians 4.8. Whether we realize it or not, we look at life through a series of lenses. In this verse, Paul is giving us a series of lenses that can keep us focused on the mind of Christ. When put in question form, it becomes a daily practice to face decisions. We can ask, Is it true? Is it noble? Is it right? Is it pure? lovely? admirable? worthy of my praise? Below we'll walk through the first three.
- Fill your mind with what is *true*. Pastor Regina said, "Truth is something that is factual...truth is reality." We of us see the world in black and white. All of the "little truths" of the world around us must be viewed in light of the ultimate Truth—the good news of Jesus Christ who leads us into life. For example, If it's true that I am an addict, then the next truth is that I may need remove myself from certain situations and groups of people.

In a world of mis-information, how do you seek ultimate truth? How can you "think about such things?"

- Fill your mind with what is *noble*. Regina defined this word as "belonging to a hereditary class with high social or political status" or "having or showing fine personal qualities or high moral principles and ideals." Because Jesus Christ has brought us into the family of God, we are

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connected to his royal lineage, He is the Prince of Peace and the King of Kings. In a sense, we are all royalty. As such, we strive to carry ourselves as those who have Christ living in us.

This is more than living a moral life—it's living a noble, Christ-like life. What practices or attitudes leave you thinking about that which is noble?

- Fill your mind with what is *right*. Ask yourself, “what is the better thing?” Doing, saying, or thinking about that which is right will keep you on the path of following Jesus. Thinking about what is right does not prevent you from experiencing hardship or pain. It simply keeps you on the path.

Can you think of a time when, in retrospect, you realized your mind was no longer on what was right? Explain. What do you lean on to help you determine what is right?

Pray

Pray these words together:

God help me to think about that which is:

*TRUE
NOBLE
RIGHT
PURE
LOVELY
ADMIRABLE
PRAISEWORTHY*

Amen.