



You Are What You Think

Philippians 4:8

Message Notes by Dr. Mark Platt

A mind is a terrible thing to waste. What you let your mind think about is a choice that you personally make. That one choice affects everything: your health, your wealth, your walk with God, and your personal relationships.

Here in Philippians, the Apostle Paul is writing to Christians about the importance of a righteous and godly attitude. Paul is aged, imprisoned, and in failing health, and yet the theme of this book is **JOY**. Paul is not merely teaching this; Paul is demonstrating it.

Verse 8 is kind of a synopsis of the book. Essentially, this verse tells to **change our thinking topics**. Here are **eight topics** God wants you to think about:

I. Think about true things

“whatever is true”

alethe = integrity, honesty, accurate
John 17:17

II. Think about important things

“whatever is noble”

semnos = exalted, high, lofty

1. God’s nature

2. God’s blessings

III. Think about fair things

“whatever is right”

dikaios = just, evenhanded, fair

IV. Think about pure things

“whatever is pure”

hagios = holy, consecrated, without blemish, dedicated to God

V. Think about beautiful things

“whatever is lovely”

prophile = beautiful, attractive, exquisite, pleasing to the senses
Psalm 19:1ff

VI. Think about worthy things

“whatever is admirable”

euphemos = sounding well, famous, things worth considering
Proverbs 27:19

VII. Think about wholesome things

“If anything is excellent”

artay = excellence, things that are good and moral

VIII. Think about commendable things *“If anything is ... praiseworthy”*
epainos = worthy of applause and approval

Your Response:

1. Do a thought-life inventory of the last 7 days. What influences (people, magazines, television programs, movies, personal experiences, etc.) have shaped thinking what have you thought about? Is it God-honoring? Is your thought-life bringing closer or further from God?
2. Print out Philippians 4:8 on a 3x5 index card. Put it on your car visor, over your kitchen sink, or on your bathroom mirror. Memorize it and meditate on its meaning.
3. What should you change in your thought-life? What influences on your thought-life should be eliminated? Plan out specific things to avoid and specific things to plug into your subconscious as well as your cognitive mind. Resolve with God's help to move you thinking in conformity to the 8 topics of Philippians 4:8.

Resources:

The Daily Study Bible by William Barclay

Habits of the Mind by Archibald Hart

The Interpretation of St Paul's Epistles to the Ephesians and Philippians by R.C.H. Lenski

Happiness is a Choice by Frank Minirth and Paul Meier

The Power of Biblical Thinking by Ralph Keiper