

P.M. OUTLINE  
1/26/2020

"MEDITATE ("THINK") ON THESE THINGS"

(Philippians 4:8-9)

INTRODUCTION

(v6) When anxious thoughts are removed by prayer and thanksgiving, they must be replaced with something. Note (Proverbs 23:7)

(v7) says the "peace of God" comes when we pray and will "guard our hearts and minds," and (v9) says the "God of peace" will be with us when we think and act in godly ways.

"Watch your **thoughts**, for they become words; watch your **words**, for they become actions; watch your **actions**, for they become habits; watch your **habits**, for they become character; watch your **character**, for it becomes your destiny." - author unknown

"Meditate" ("think") - ponder; consider; contemplate; give it attention or thought.

1. (v8) "MEDITATE ON THESE THINGS"

- 1) "True" - give attention to God's word: (John 17:17; Psalm 119:15-16, v104)
- 2) "Noble" - honorable; worthy of respect; dignified; inspiring reverence.
- 3) "Just" - right conduct in the sense of doing good; in accord with the Divine standard.
- 4) "Pure" - sincere; un-mixed; clean. (Psalm 12:6; 1 Peter 1:13)
- 5) "Lovely" - it's the grace of being gracious; be lovely in life.
- 6) "Of good report" - fair-speaking; sounding well; commendable.
- 7) "if there is any virtue" - signifies moral courage and stability; the disposition of the heart that causes us to stand for the right; it is moral excellence.
- 8) "Is anything praise-worthy" - without making praise our aim, live as to deserve praise.  
This is described in (v9) and in Paul's exhortation in (1 Corinthians 11:1)