



DEVOTIONAL MESSAGE

Thought Life ... By Gareth

READ: PHILIPPIANS 4: 8 9

- **P**hil 4:8 NASB: Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things.
- To experience the peace of God one must be reading, meditating and memorizing God's Word, the Bible.
 - Psa 119:165 NASB: Those who love Thy law have great peace, And nothing causes them to stumble.
- All sin is birthed in our thoughts. "The heart of man is desperately wicked" Jeremiah 17v9
- In Genesis chapter three, after God commanded Adam and Eve not to eat of the Tree of the Knowledge of Good and Evil, Satan comes to Eve and asks, "*Did God really say...?*" Whenever we believe a lie, Satan takes over!
- Satan is the liar. John 8:44 tells us that he is the father of lies. 2 Corinthians tells us he wants to corrupt our minds with his lies.
 - 2 Cor 11:3 But I fear, lest somehow, as the serpent deceived Eve by his craftiness, so your minds may be corrupted (or led astray) from the simplicity that is in Christ.
- The devil tries to control our minds through his lies but the Holy Spirit controls our minds through truth.
 - 1 John 5:6 - "*... it is the Spirit who bears witness, because the Spirit is truth.*"
- The best way to fortify our minds against Satan's deception is with the truth of God's Word.
 - John 17:17 - "*Sanctify them by Your truth. Your Word is truth.*"
- This is why many can become confused and deceived because we have nothing to check Satan's suggestions against. We take him at his word, like Eve did in Genesis 3.
- We can save ourselves so much worry and anxiety if we just knew the Word! Whatever is honest and just. This means "worthy of respect and right." There are many things that are not respectable, and Christians should not think about these things.
- Most of us keep our rubbish bins outside. It does not make sense to keep the rubbish bin next to your dinner table where its stench mingles with the aroma of freshly prepared food. But this is what many Christians do when it comes to their thought life.
- They expose themselves to things that they ought not think about. Many do not know that once a dishonorable thought enters the mind and takes root, it is hard to get rid of it. Like the weeds in a

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garden, thoughts turn into strongholds and are hard to remove. Just like the roots of the weeds go down deep and can be hard to remove.

- The key is thinking on things that are honest and just; worthy of respect and right.
- Whatever is pure, lovely, and of good report.
 - “Pure” probably refers to moral purity, since the people then, as now, were constantly attacked by temptations to sexual impurity (*Eph. 4:17-24; 5:8-12*).
 - “Lovely” means “beautiful, attractive.”
 - “Of good report” means “worth talking about, appealing.”
- Paul is letting us know that the believer must dwell on the pure and the clean; not the low and the disgusting thoughts of this corrupt world.
- In *verse eight*, Paul summarizes the kinds of things we need to think on in order to experience the peace of God. He writes, “if there is any virtue and if there is anything praiseworthy; meditate on these things.” In this list, Paul is letting us know that it is not good enough to stop thinking about one thing without beginning to think about something in its place.
- Christians must focus their thoughts on the virtuous or the excellent. If it has virtue, it will motivate us to do better.
- Christians must focus their thoughts on things that are praiseworthy. If it is praiseworthy, it is worth sharing with others.
- No Christian can afford to waste “mind power” on thoughts that tear him down or that would tear others down.
- If you examine the list we just went through you will find that we just read through a list of words that describe our Saviour, the Lord Jesus Christ!
- *Phil 4:8*: Finally, brethren, 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; meditate on these things.
- When you compare this list to David’s description of the Word of God in *Psalms 19:7-9*, you will see a parallel.
 - *Psa 19:7 The law of the LORD is perfect, converting the soul; The testimony of the LORD is sure, making wise the simple;*
 - *Psa 19:8 The statutes of the LORD are right, rejoicing the heart; The commandment of the LORD is pure, enlightening the eyes;*
 - *Psa 19:9 The fear of the LORD is clean, enduring forever; The judgments of the LORD are true and righteous altogether.*

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