

What Are You Thinking About Philippians 4:8-9

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.

9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

Faith must lead to constructive action. Negative anxiety must be replaced by positive habits (cf. Eph. 4:25, 28-29). After praying, a believer must get involved in right thinking and doing. The two imperatives ("think" and "do") give these two apostolic directives. *Gromacki*

Ephesians 4:28-29 (NKJV) 28 Let him who stole steal no longer, but rather let him labor, working with his hands what is good, that he may have something to give him who has need. 29 Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.

I. Finally, brethren

A. Paul here comes to the pinnacle of this series of thoughts.

1. Anxiety is brought about by a faulty thought process.
2. Proverbs 23:7 (NKJV) 7 For as he thinks in his heart, so is he.
3. Mark 7:20-23 (NKJV) 20 And He said, "What comes out of a man, that defiles a man. 21 For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, 22 thefts, covetousness, wickedness, deceit, lewdness, an evil eye, blasphemy, pride, foolishness. 23 All these evil things come from within and defile a man."

B. Even Christians can get into the habit of thinking about the wrong things.

1. Satan knows the importance of this and there is a constant battle for the minds of people.
2. Satan knows that if he can get into our heads he can ruin us.
3. Each one of us can spot this in the lives of the people we meet.
4. We say things like, "What in the world were they thinking?"
5. It is not so easy to see it in ourselves.
6. For we do not sit around and say "What in the world am I thinking?"

7. Paul is asking us to examine what it is we are thinking about and to change our pattern to the things he mentions here.

II. Whatever things are true

- A. Ephesians 4:25 (NKJV) 25 Therefore, putting away lying, "Let each one of you speak truth with his neighbor," for we are members of one another.
- B. This is more than just telling the truth for the word implies something much broader here as do most of the rest of the words that Paul uses here.
 1. The idea is true, as in not fake, or being real.
 2. We speak of the arrow that flies true.
 3. Not a sham or something feigned as Paul speaks of unfeigned love or true love.
- C. So much of this life is just not true.
 1. I told you of the older man who admired how a certain lady could sing so well. And the man thought that if I would just marry that lady my life would be so good. So after going to concert after concert and meeting and winning her, she agreed to marry him. After the wedding as they came to their hotel room he watched in disbelief as she first took out her false teeth, then removed her right fake eye. After that she removed her prosthetic leg and removed her beautiful wig. After all this the man in desperation cried out, "Sing, darling, Sing."
 2. We are the society of the fake.
 3. It used to be that you could only believe what you see, now we cannot even do that.
- D. But when it comes to spiritual things the Christian is not to be fake, he is to be true.
 1. Paul is calling on them to turn away from those counterfeit things that the world offers and to focus on those things that are real, that are true.
 2. The things we find in the word of God.
 3. The things that are spiritual and not carnal.
 - a. Col 3:12-17 Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering;¹³ bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.¹⁴ But above all these things put on love, which is the bond of perfection.¹⁵ And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.¹⁶ Let

the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.¹⁷ And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him. NKJV

- b. 1 Peter 3:3-5 3 Do not let your adornment be merely outward -- arranging the hair, wearing gold, or putting on fine apparel --⁴ rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God. NKJV

III. Whatever things are noble

- A. “Believers are to think on whatever is honorable, whatever is noble, dignified, and worthy of respect. Semnos (honorable) comes from a word meaning "to revere," or "to worship." In its other New Testament uses, it describes the dignified lifestyle required of deacons (1 Tim. 3:8), MacArthur New Testament Commentary – Philippians.
- B. I think it is so sad today that many of our judges and political people are to be address as hour honor when many have so little honor
- C. When you are trying to think about something if it is right or wrong, ask yourself is it honorable, noble.

IV. Whatever things are just

- A. What is right.
 - 1. It describes whatever is in perfect harmony with God's eternal, unchanging standards, again as revealed in Scripture. Believers are to think on matters that are consistent with the law of God. MacArthur New Testament Commentary – Philippians.

V. Whatever things are pure

- A. 1 John 3:3 (NKJV) 3 And everyone who has this hope in Him purifies himself, just as He is pure.

VI. Whatever things are lovely

- A. The idea is something that draws love from others.

VII. Whatever things are of good report

- A. 2 Corinthians 8:21 providing honorable things, not only in the sight of the Lord, but also in the sight of men.

VIII. If there is any virtue

- IX. And if there is anything praiseworthy
 - A. Proverbs 4:23 (NKJV) 23 Keep your heart with all diligence, For out of it spring the issues of life.
- X. Meditate on these things.
 - A. Logizomai means more than just entertaining thoughts; it means "to evaluate," "to consider," or "to calculate." Believers are to consider the qualities Paul lists in this verse and meditate on their implications. The verb form calls for habitual discipline of the mind to set all thoughts on these spiritual virtues. MacArthur New Testament Commentary – Philippians.

“the grace of God never makes us rebels; it makes us men and women who love God and desire to please him.”

“The guiding principle here is whether you as a Christian are using things or whether things are using you. Take food for an example. Nothing can be as obviously good for a person as food; it is necessary for bodily strength as well as mental health. But it is possible for a person to become so addicted to overeating that the good end is thwarted and the person’s health is endangered.”

Boice, J. M. (2000). *Philippians: an expositional commentary* (p. 247). Grand Rapids, MI: Baker Books.