

Thinking God's Way: A Deep Dive into Philippians 4:8

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[0:00] Thinking God's Way. We're going to go to Philippians 4. Think about how do we think and how do we think God's Way.

Philippians 4 verse 8 tells us how to do that. How to think like God wants us to think. Because how we think affects how we speak, how we live, how we act, doesn't it?

It comes from the mind. As a man thinketh in his heart, so is he. It's got a great bearing on life and how we live. And Philippians 4 verse 8 is a classic verse.

Of course, we could extrapolate in the context of it. But just homing in on this one verse and trying to draw from this some truths that we can apply today. It tells us that Philippians 4 and verse 8.

Finally, brethren, whatsoever things are true. Whatsoever things are honest. Whatsoever things are just. Whatsoever things are pure.

[0:59] Whatsoever things are lovely. Whatsoever things are of good report. If there be any virtue. And if there be any praise.

Think of these things. Think of the world today bombards us with constant messaging that is contrary to God's truth. And in Philippians, Paul is talking about themes such as joy, humility, unity, perseverance, Christ-centered living.

And he wraps it all up here. Thanks. It's like a filter you could think of for your thoughts. And it can help transform our minds. Brothers and sisters.

Brothers and sisters. The reality is that we are in a battle field. It's a battle ground. The mind, isn't it? Sometimes we may feel overwhelmed. Fearful.

Worried about the future. Battling temptation. It's all happening here. Upstairs. And this battle rages for the minds of men. And in the context it talks about the God of peace.

[2:06] And it tells off the peace of God. He wants you to know him. He wants you to know his peace. And our minds are this battle ground for the moment where we're barraged with this and that.

Thoughts. Some uplifting. Some downright destructive. And these thoughts flood our mental space. Of course, we had some ministry lately on PTSD, on counselling. It's the mind, isn't it? It's a battle ground. And we think of that, of social media. Think of the news cycles.

Generally bad news. Gossip. Even our own self-doubt. It's all in that mind, isn't it? That mental space. And Paul writes here to the Philippians. He's writing in this situation where he's under house arrest in Rome.

And he's chained up with this uncertain future. That's Acts 28 from verse 30 through 31. He pens this letter. And yet this letter is one that is filled with joy and hope.

[3:09] And gladness and practical wisdom. And Paul exhorts. He says, rejoice always. He says, be gentle. He says, replace anxiety with prayer. And guard your mind with godly thoughts.

I know we've got a Bible student going through the book of Philippians just at the moment. And preparing thoughts about the book of Philippians. We're just boiling it down to one verse. And there's so much just in this one verse.

And he tells us here this eight-point filter for our thoughts. Philippians 4 verse 8. It's like a blueprint for that transformed mindset. It's a life-changing mindset.

It's spiritual victory here. As we dwell on these things that are true, that are honourable, that are pure, that are just, that are lovely, praiseworthy. God's truth can guard your thinking and help you function and get through this battleground that is life.

It's a spiritual discipline too. A mindset. It's an act of worship. And it can shape our lives. When we get the mind right, the life follows. We can glorify God with our life.

[4:12] It's as if our mind is like some kind of garden. And a careless gardener will let the weeds infest. And those negative thoughts, we could think of it, that infest the mind, the fears, the impurities, they can go unchecked.

And they can grow and choke out the beauty when the weeds infest. But the diligent gardener gets there and he cultivates that ground. He pulls out those weeds. And he plants good seeds. And there's a flourishing harvest after that. Philippians 4 verse 8 shows us how we can cultivate that mind. The garden of our mind.

Planting thoughts that yield peace and joy. And Paul says, think on these things. It's a filter. Eight filters for godly thinking. He's saying meditate on this. It's an active, sustained choice. It's a command really. He says, hey, this is how you meant to think.

[5:13] It tells us think on these things. And you could look at the parallels of how we ought to think and how sometimes we do think, which are contrary, right?

So he says think on what's true. In other words, what's genuine, what's real. And the devil wants us to think on what's false. What's a lie.

What's deceitful and misleading. He says we should think of things honest. So in other words, noble and worthy of respect. And the devil wants us to think on that which is dishonorable and shameful. Think of these things that are just. So righteous, in other words. And the devil wants us to think on that which is unjust. God wants us to think on what is pure.

What is clean and holy. Undefined. God wants us to think on that which is not pure. It's corrupt. And defiled.

[6:15] God wants us to think on those things that are lovely. In other words, pleasing. Inspiring affection. And the devil wants us to think on that which is repulsive and hateful. God wants us to think on that which is of good report.

That which is commendable. That which is praiseworthy. The devil wants us to think on that which is shameful and blameworthy. God wants us to think on that which is of virtue.

Of excellence. Of goodness. The devil wants us to think on that which is immoral. And then you see the last one. God wants us to think on that which is worthy of praise.

That which we should admire. That which we should seek after and want. To praise. And the devil wants us to think on that which is disgraceful and worthless. So you can see this mind shift that's got to happen.

And repentance. Mind shift. Metanoia. Change of mind. And so God shows us here how to transform our thinking. How to rewire our brain. And I like to think how all these filters speak of our Lord when you think about it.

[7:21] All of the good ones there. It's Jesus, isn't it? It's Jesus, our Lord. As we lift up our minds, our thoughts and think upon him. It speaks of our Lord. And he tells us, set your affection.

Set your affection. Your thinking. Your thoughts on that which is above. On heavenly thinking. Not on earthly thinking. And think on these things.

So let's look through. We've got eight points. We'll try to keep it moving through. And think as we just touch on them. Maybe you can make a mental note. Hey, am I thinking that way?

Or am I not? Okay. The first one. He says, think on whatsoever things are true. Now, the Bible tells us the devil is a liar.

He's the father of lies, isn't he? And he wants us to think that which is not true. But our Lord Jesus says, I am the way, the truth, and the life.

[8:17] We're living in a world of fake news, you could say. And yet we have the unchanging truth of God's word. This is true from cover to cover. The word of God. And we can think on what is true.

And it's not just about what is actual factual, not just actual facts, what is factually true. But thinking about what's genuine. It's God's reality. As we anchor our thoughts on what God's word tells us. We can reject the lies and the gossip or the self-deceptions. You know, what the devil would have you believe are things like, I'm worthless. I'm worthless.

God can't use me. I'm, you know, I'm a nobody. That's a lie, isn't it? Whereas the Bible tells us that you do have value in his sight.

You're precious. Every soul. The devil would say, you just sit in your glummy corner and say, God doesn't care. You kick the can down the road.

[9:18] God doesn't care about me. That's a lie. The truth is that he surely does, doesn't he? God's word tells you that you're fearfully and wonderfully made.

Psalm 139.14. That's what's true. And when fear or misinformation creeps in, ask yourself, is this true according to the word of God? According to God's promises.

You know, this is no faulty compass for life. It's no faulty compass. It's the GPS. It's locked into a satellite with a fixed reliable signal. GPS is accurate.

God's word is the GPS, isn't it? So when we see the information that the world consumes, social media, conversations, don't get drawn into that if it doesn't line up with God.

And we could think practically too. Don't relay the gossip or the rumours. Look for the truth. What's the actual truth? And rather than assumptions. And if a friend seems distant, maybe think about it.

[10:19] Maybe they're struggling with their own problems. It's not that they're upset with you necessarily. Let's think about what's true.

Actually analyse things. What's true? Don't just assume, oh, they've fallen out with me because you've not heard from them.

Maybe life is busy for them. They've got things happening. And think about how we can speak truth in our life. In other words, start with a psalm or a promise of scripture. Romans 8.28.

It tells us all things work together for good. We can ground our thoughts on the promises of God. On God's reality. We can meditate on biblical truths like God's promises. Such as, I will never leave thee nor forsake thee.

That's a promise, isn't it, from God's word? That's truth. That's truth. And that can counter anxiety or doubt. So think about. Think on whatsoever things.

Think on these things. Think on what is true. Think also on what is honest. There's the second one here. It's saying, you could put it, things that are honourable and noble, worthy of respect.

[11:20] The same word that's translated honest here is also used in 1 Timothy 3 verse 8. It's talking about deacons. It says deacons must be grave.

Same word, honest. In other words, dignified and serious. Hey, you can have a holy seriousness.

That's a good thing. It doesn't mean you don't have joy. But you've got a seriousness.

Take life seriously. It also signifies about dignity and majesty. It's a quality that commands respect.

Hey, this is something respect worthy. It speaks of moral gravity or reverence.

And it's associated with holiness. God wants us to think those things that are honourable and noble, worthy of respect. Upright, worthy of esteem.

May we have thoughts that inspire awe, that are worthy of our God. Not of pettiness or vulgarity. It's so easy to take the course of what is flippant or crude and trivial thoughts.

[12:25] Our thoughts can be all consumed about rubbish, let's face it.

And it's sometimes about what media we choose and what conversations that we choose to have.

Are they conversations that elevate or denigrate, degrade? Do my thoughts reflect the dignity of a child of God? Should be noble. Consider also the opposite way of thinking.

You know, if you take the opposite way of thinking, thoughts of revenge rather than reconciliation.

That's not noble, is it? Consider the godly qualities of others. Have that focus.

As you look to others, people who serve others, people with courage and selflessness. Look at historical or biblical figures. Look at those people that stand out.

They're honourable in their actions and they can guide us and inspire us to act like them. To choose thoughts that reflect God's mind. That show integrity. Think about what kind of content do we consume.

[13:25] It's so easy these days. You flip through your phone, through the feed. What are you feeding your mind with? What are you consuming? And also in other forms of media, that comedy show.

That social media feed. Does it honour God's standards? Is it noble? Well, sometimes it's not. Let's be honest, hey? Honest, yeah.

Does it honour God's standards? What is it cheap and what's sacred? Some of these comedians that let these words out. And innuendos, crude things, vulgar things.

How can we rather cultivate thoughts that elevate and reverence and act as a mature believer that we would meditate on God's holiness or the example of a godly mentor?

So think about things that are honest. In other words, noble. Another one, number three here. Think on what is just. Think on what is just. Now this word translated just in the King James, it's also translated as righteous.

[14:33] So think about what's right, the right thing. Think about what's righteous. It's not a self-righteousness, but a God-righteousness. Does it line up with God's standards of what's right, of fairness, of justice?

And it's interesting. It's a word used of Lot. As it tells us of Lot, he was just. That's the word. And also where it talks about righteous, it's the same word.

Here in 2 Peter 2 from verse 7, as it tells how God delivered just Lot. Lot, he was righteous, it says. He was just. He was vexed.

He was frustrated with the filthy conversation of the wicked. It tells us, for that righteous man dwelling among them in seeing and hearing, vexed his righteous soul from day to day with their unlawful deeds.

Lot was out of place in filthy Sodom. He didn't belong there. That's where he was, but he ought not have been there. And we can learn from Lot's mistake, can't we? Where we hang out, who we hang with.

[15:33] He knew he wasn't where he ought to be. And God wants us to think thoughts that are just, that which is righteous. And when we're living in Sodom, sometimes that can be a hard thing, can't it?

And God wants our thinking to be righteous, not to tune into the wavelength of Sodom. Think about ways that you can be generous and care and give. Do what's righteous.

Choose thoughts that reflect God's mind. Qualities like forgiveness and compassion. For example, when you're tempted to hold a grudge, bitterness, eating you up.

Think about what's the right thing to do. Let it go. Let it go, brother, sister. Forgiveness. Forgive someone as Christ forgave you.

Colossians 3.13. Hey, we can gloss over that. That's a big one, isn't it? Forgive as he has forgiven you. That's saying it like it is, isn't it? And God delivered just Lot.

[16:30] He ought not to have been there. And he was vexed with the filthy conversation. Look, we're in this battleground where there's a lot of filthy conversation. In other words, filthy way of living of the wicked.

But we can be delivered by the grace of God. And we can know forgiveness and grace. And overcome evil with good. Overcome evil with good.

Next one. Think on that that is pure. God wants us to have clean thinking. Say it. God wants us to be brainwashed. He wants our mind to be pure.

He wants our thinking to be pure. Our thoughts to be pure. To think on what's undefiled. In this world where it's crass and dirty, oft times. God wants us to guard against impure thoughts.

Impure fantasies or media that pollute our mind. When we're tempted by impure thoughts, let's redirect our mind to pure things. Think about the beauty of your loving creator's creation.

[17:28] As you look at the sunrise, the sunset. You protect your mind as a sanctuary of the Holy Spirit. Ask, is my thought life clean enough to offer us worship to God?

Think about how can I keep my thoughts clean? And you think about a glass of water that might be crystal clear water. Yet it only takes one drop of poison to make that undrinkable, isn't it?

What about our minds? Are we letting things in that we ought not to? Through the ear gate, the eye gate. And focus rather on that which is pure. And pure intentions in your actions too.

That you'll have a purity of motivation. Like helping someone without expecting recognition or reward. That you'll combat those impure thoughts such as lust or envy or bitterness that contaminate your life.

And rather think pure thoughts. Paul tells Timothy, keep thyself pure. In other words, be vigilant about what answers your mind. Through the screens or conversations.

[18:30] And hey, let's face it. If that show is glorifying sin, change the channel. Amen. If there's question, if there's not purity, change the channel.

Flick the switch. Reflect on scripture or a wholesome content. Like a family friendly story or music. Tune into that which is wholesome. And in the personal space, if a grudge festers, confess it.

And replace it with prayer for that person. David cried out, create in me a clean heart, O God. And renew a right spirit within me. And we think about the word of God.

It's pure. Many times the word of God is called pure. It tells us the words of the Lord are pure words. As silver tried in the furnace of earth. Purified. Seven times.

It tells us thy word is very pure. Therefore thy servant loveth it. It tells us every word of God is pure. He's a shield unto them. I put their trust in him.

[19:33] So we think if we want pure thoughts, pure thinking. Go to this source. It's pure. This is a pure stream. Of pure words for your soul.

So meditate on that. Think also on what is lovely. What is lovely. What is pleasing. What inspires love and goodwill. Think about the things that are beautiful. That are pleasing.

That inspire admiration. Choose what media you consume to seek uplifting content. Hey, is that lovely or is it not? Choose the lovely. Reflect on the beauty of nature.

Like a walk in the park. The sound of birds. Cultivate that appreciation. That gratitude for God's creation. Think about what's agreeable. That which fosters affection.

And we can think of it in human relations too. Instead of focusing on criticizing the flaws of others. Think about the lovely qualities of a loved one. Sure they've got their faults.

[20:31] We do too, don't we? And think about, hey, how can I focus on the good things? Focus on kindness and laughter and appreciating others.

Focus on what builds relationships. Kindness. Encouragement. Focus on acts of love. Focus on the glad things of life.

A child's innocent smile. Fill your life with warmth and positivity. And it's not to negate we have the real life where there are negative things. But we don't focus on that.

And instead of fault finding, let's be uplifting. Think, how can I be a blessing? How can I spread peace and warmth? Notice what's lovely. Sometimes we don't think about that, do we?

We take it for granted. The beauty of nature all around us. The acts of kindness that we receive. The laughter of a child. We miss that. Because sometimes you just focus on the negative.

[21:27] It's like human nature, isn't it? And also speak words that are lovely. Ephesians 4.29 talks about, let no corrupt communication proceed out of your mouth, but that which is good, the use of edifying.

In other words, lifting up others, uplifting others. Ministering grace to the hearers. So we could think, for example, compliment your spouse. Compliment a friend for their faithfulness.

Appreciate people. Cultivate unity and joy. And let your motive, let your inclination be rather to build up and lift up, rather than to put down.

That's thinking in this way, isn't it? And think on that which is lovely. And who is lovely? We could understand Song of Solomon to speak of Christ our Lord.

He is altogether lovely. Our Lord is altogether lovely, isn't he? He himself is lovely. Our beloved Lord. And so think on that which is lovely.

[22:26] Next one. Think about that which is of good report. Now we look at the world and often the media cycle. They often look at what's negative, what's going to be some scandal, some gossip.

The world would focus on that. That's what the media is driven by, isn't it? Instead, let's look for good news to share. This is good news. This is the goodest news we can ever have. The greatest news, isn't it?

The Word of God. Think about good things. The Word of God. The good news. The Gospel. Think about positive moments. Think about things that will inspire hope. A kind word.

Answered prayer. Let's shift up thinking. Hey, let's talk about some good things that God is doing. Let's share some praise reports. Let's share some testimonies of the goodness of God.

We could think about others in our lives too. Hey, they might have their faults, but think about their perseverance through hardship. Think about that family member that's overcome illness. The resilience they show.

[23:26] That's a good report. Look at that. Think about that. What's honourable. Think about words that bless and words that build. And dwell on uplifting stories. Think about what's wholesome and trustworthy.

Ask with this thought that I'm thinking. Inspire others if I shared it. If it doesn't, then don't think of it. Fill your mind with good reports. Fill your mind with that which is good.

Instead of scrolling through negative news and, oh, it's the end of the world as we know it. We can think of all the bad things that might be happening in our lives. And that's a reality sometimes.

But, hey, let's shift up thinking. What is the goodness of God to me? What has he done for me? And think of those good things that he's given. And we can share our testimony too with others and it will bless them.

Share about the goodness of God in your life. And avoid being one who dwells on an evil report. You know, we want to dwell on the good report, not the evil report. For example, Caleb stilled the people.

[24:27] He says, let us go up at once and possess the land. We're well able to overcome it. But the men that went up with him said, we're not able. We're not able to go up against the people. For they are stronger than we.

And they brought up an evil report of the land which they'd searched unto the children of Israel. Here they are about to step into the land of promise. The land that God's promised is just over yonder. And this evil report comes and they say, oh, the land, it's a land that eats up the inhabitants thereof.

All the people that we saw are men of great stature. We saw the giants. And we're like grasshoppers in their sight. You know, it's just an evil report. No, give it up.

Don't trust the promises of God. Don't trust the promise that God has given you this land. There's too many giants. Give it up. There's an evil report. But Caleb and Joshua stilled the people and said, we're well able.

We're well able. They had a good report. Think about that. Think also about virtue. Think on these things. Think on what is of virtue. It's about excellence. It's about what's virtuous and outstanding.

[25:34] In other words, think about what's an example of courage, of godly character. Pursue those thoughts that reflect God's character and inspire integrity.

Now, we could think, as we've heard some missionary letters today, of those examples of faith. These are the, you know, they're up here. The heroes of the faith.

And yet, they're just ordinary people like you and me that have said, yes, Lord. They simply said yes. But we look at them as the VIPs, don't we? The missionaries and the ones who've gone and left all the comforts to be a faithful servant.

And we could read of biographies. I know I love to do that myself, to have biographies. You can read books about this or that. But what if you were to get hold of some biographies of men and women of God who've gone into the thick of the fight, who've left comforts to join a missionary cause, who've suffered for their faith in times of persecution, the martyrs of old.

And you read the accounts of the revivalists of old, the reformers of old, men and women of faith. And it fills your mind, doesn't it, with virtuous examples.

[26:51] If you're going to read something, read about the men and women of faith. Get some good Christian biographies. It's a good thing to spend your money on. Unlike people who seek out the vain celebrities of the world.

They don't know what's going on with, I don't want to even name them. I don't know who they are. I don't want to know. The celebrities of the world. Their names are in lights. Their names are all the gossip magazines down at the checkouts.

Who cares? Who cares what they're going on about and the latest crass things that they've done? Let's think on those things that are of virtue. The biographies of faithful believers in Christ who've set their face as flint to take the gospel to their mission field.

And our thoughts should be of... And think about, do my thoughts line up with God's standard of excellence? In 2 Peter 1.5 it says, Add to your faith, first one, virtue. Add to your faith virtue. In other words, excellence. And we can think of that, I know amongst our number, there's some very skilled musicians, for example. It's an excellence, isn't it? As you acquire that skill and you refine it and you practice and you practice and you practice because you want excellence.

[28:07] Because why? Not to show off, but you want to be the excellent man or woman that you can be for the glory of God, to use your ability, your skill, your learning for the glory of God.

The excellence of a well-crafted skill like a musician's performance. And it motivates our own improvement, doesn't it? We consider God's design, the wonders of his creation, there's virtue all around us, but sometimes we miss it.

Think also on what is of praise, of praise. What is praiseworthy? What is worthy of recognition? Think of what is glorifying your God or encouraging of others.

Instead of grumbling about your circumstances, hey, we can all be there. Instead of complaining, oh, it's a rainy day. Rather praise God for his blessings, for his provision.

You've got breath to breathe, you've got feet to walk, you've got a mouth to praise. Focus on thoughts that inspire praise and gratitude and worship and to give God glory.

[29:10] Focus on what God would approve of. Think on what uplifts others, not self-centred complaints. Hey, get out of that corner. Take the gloomies away and start giving glory.

Instead of focusing on a friend's faults, recognise their efforts to improve. Hey, there's scope for everyone. We can find something to praise about the most unpraiseworthy of people even.

And rather have an attitude of gratitude and of worship. And rather than dwelling on despair, oh, nothing ever goes right for me.

Instead of thinking, hey, God's faithfulness, Ebenezer, God's faithfulness through the past trials.

Glory to God. I'm still here. I've got through some things. And we can reflect on God's faithfulness of life, his answered prayers, and foster that heart of worship.

You think how a teacher praises a student's progress. That inspires growth, doesn't it? You praise them. Maybe they just made a little improvement. That'll help them to go further.

[30:20] Think about what's praiseworthy. Like a neighbour helping someone in a crisis, we can express gratitude and encouragement. We can overlook the giving of praise, can't we?

Think about people you could praise. Think about people you could praise. Think about God's attributes. We're looking at that on the Wednesday night. Meditate on the goodness of God.

Meditate on all the qualities that your God has.

And share something praiseworthy about God to others. Hey, God's done this in my life. I've had this blessing. I've seen God do this and that. We can give testimony.

And we should be to the praise of his glory. Our life. In other words, we think it. We speak it. We live it. It starts with the thinking. Paul urges us. God urges us.

God commands us. Think on these things. It's a present imperative. It's a command. God wants this for us. And it takes an ongoing deliberate focus. Now when it says think on these things, the intention of the word meaning is talking like an accountant, meticulously balancing the books, checking the books.

[31:25] It's the thinking. Hey, this is really intensive, applied thinking. It's not some passive thing. It's a disciplined habit of selecting and sustaining godly thoughts.

It's intelligently, determinately deciding to think this way. And our thoughts shape our words, our actions, our thinking, impacts our relationships, our character, as a man thinks in his heart, newspapers, and media rants, this or that.

And oftentimes in personal conversations, personal grudges, oh, did you know so-and-so did this to me? And I, blah, blah, blah, negative, negative, negative, negative.

And we can get in that cycle of negativity. When you think about it, your mind is like a TV with countless channels. You can choose the worry channel, the resentment network, the fear broadcast.

You know, you control what plays, all right, in your mind space, all right? And we think of that idea that it's a spiritual warfare. It tells us we should cast down some things.

[32:33] We should bring into captivity every thought. Choose godly thoughts is the point of the message today. Resist the enemy's lies. And there's a powerful promise here.

When we think and act on these things, it tells us in Philippians 4 verse 9, the God of peace shall be with you. And it tells us verse 7 about the peace of God, guarding our hearts, the very presence of the God of peace.

Brother, sister, believe it today. The God of peace is for you. He is with you. For the meantime, evaluate what you read, what you listen to, what you watch.

Does that social media feed promote that which is true, pure, lovely, or the opposite? If not, cut back or eliminate it.

It's like how a water filter filters out those impurities to keep the water clean, isn't it? When the water filter's working, oh, that's a nice drink.

[33:36] Philippians 4 verse 8 is God's filter for your mind. To filter out, to keep out the mental pollution. If there's a show that glorifies violence or immorality, I know even young people, you can get caught up with some things that, hey, it's, so-so.

Shooting people isn't, isn't maybe in accord with Philippians 4 verse 8. Replace it with content that uplifts, godly music, a Christian podcast, set boundaries for your media consumption, limit social media, and choose new sources that are true, without the sensational factor.

Replace those negative thoughts. When you're inclined to worry or get angry, when you're inclined to have impurity, cast down imaginations. Every high thing, cast it down.

Cast it down. Bring that thought, that thinking into captivity, to obey your saviour. Brother, sister here today, I pray that you'll be encouraged to, we know there's many scriptures, really, there's so many scriptures we could refer to, when we think of anxiety, oh, I'm worried, I'm just, I've got, I'm fretting about this or that, and hey, there's real worries sometimes, that's not to discount that, but it's what we do with them, isn't it?

In Psalm 55, it tells us, cast thy burden upon the Lord, and he shall sustain thee. Confess the scriptures, train your brain, to think, hey, biblical values.

[35:10] Okay, it's going to be hard sometimes, you've got to determine, it's that this word think, it's got a sense of determine, of, of, like being analytical, like an accountant, of, of determining to, hey, I'm going to get this, I'm going to sort this through, and I'm going to get this right.

It's thinking it through, that, we've got to have that mindset, to replace the thoughts of fear, with God's promises. When we're tempted to take offense, and react, pray for them instead, do the godly thing, as it tells us, look not every man, on his own things, on, you know, don't just look after, your own little selfish world, but think out, look out for others, every man on the things of others, what do others need, and let this mind be in you, which was also in Christ Jesus, that humility of mind, and put your focus on God's peace, scriptures like this one, thou wilt, it's a promise, keep him, it's assuredly, he will keep you, it says, in perfect, perfect peace, whose mind is, stayed on thee, because he trusteth in thee, it's about faith, isn't it, and practice gratitude too, in everything give thanks, for this is the will of God, in Christ Jesus concerning you, hey, even when you feel like whinging, give thanks, thank you Lord, you're teaching me something,

I'm still waiting for what it means, but I'm going to thank you anyway, in faith, I'm going to trust God, I'm going to give thanks to God, and I'm going to trust the blessings of God, to train my mind, to think about the goodness of God, to dwell on that, and when we think, as Philippians 4 verse 8, we could think about, things that are lovely, maybe a friend's encouragement, wow, that was lovely, thank you Lord, think about a moment of integrity, that was virtue, someone did the right thing by me, that's virtue, think about, God's faithfulness, where I am now, and where I used to be, the faithfulness of God, his perseverance with me, that's something that's true, think about the word of God, it's pure, so many things, isn't there, so surround yourself, with godly influences, don't let media, or habits, or toxic relationships, pollute your mind, determine, I'm going to think, I'm going to think right, I'm going to train my brain, to think what God, would want me to think about, and I'm going to hang out, with others who think that way too, as much as we're all flawed, and I'm going to

get together, with others who live it out, they're just, they've got integrity, they've got kindness, they're lovely,

I'm going to think about, the things that are lovely, those things that are pure, I'm not going to hang out, with people that thrive on gossip, or cynicism, the critics, they can do their own criticizing, I'm going to hang out, with the people of God, and Lord, my prayer is going to be, help me, dwell on that, that which is true, that which is pure, that which is praiseworthy, and we can reflect, on God's attributes, thank him for his works, it can shape, our relationships too, our emotions, our decisions, in marriage, focus on your spouse's, praiseworthy qualities, oh pastor, you don't know my husband, my wife, focus on, his or her praiseworthy qualities, in parenting, model this mindset, for your children, in conflict, seek that which is just, and lovely, God's plan, is Philippians 4 verse 8, for victorious living, to dwell, to choose to dwell, to let your thinking, be upon this, these things, these virtues, and the God of peace, shall be with you, hey he already is, isn't he, the God of peace, sometimes we don't, acknowledge him, he's sustaining us, through every trial, he's giving us peace, and so, brother sister, may our minds, rest on these truths, think about it, brothers and sisters, it says, the peace of God, which passeth all understanding, shall keep, your hearts and minds, through Christ Jesus, make your mind, that garden, hey there's some weeds there, yeah, you've got to get the, instruments out, and do some, work, cultivate, and, it will bloom, with truth, with blessing, with the peace of God, unto his praise, as God helps you, to filter every thought, now friends, I've been preaching here, this morning to Christians, do you know peace with God, you can know it, through the Lord Jesus Christ, by faith, you can know the peace of God, it passes all understanding, it's going to keep, your hearts and minds, it starts with that, salvation, and then, that's the beginning, because it doesn't mean, when you're saved, everything's going to be, fine and dandy, and rosy, necessarily, but you've got, the God of peace with you, to walk with you, you've got the inheritance, we heard about, you've got that great, promise of God, let us pray, Lord we thank you, for your love, towards us Lord, we know, we don't always, give you the praise, that you are due, help us to think, on these things, Lord help us to have, our hearts changed, Lord that we'll trust you, as saviour and Lord, and help us, to walk in your promises, Lord we pray, for everyone, that's here present, those that might be, tuning in, Father that each one, might know, what it is, to have peace with God, and help us Lord, as we walk in that truth, as we try to apply, these things, these qualities, the people we want, to be with,

[40:46] Lord help us, to be in your will, pray Lord, that you would, give us peace, that peace, which passes, all understanding, Lord we can't, comprehend it, it's a peace, beyond our circumstances, as Paul wrote, in that jail cell, to the Philippians, he didn't go on, about the circumstances, that were contrary, but he just wanted, to uplift, and up build, he wanted to edify, and Lord help us, to have that heart too, in our own lives, as we know, our times, are in your hands, we don't know Lord, how much time, we've got left, help us to use, our lives wisely, that we'll choose, those sources, of truth, we'll choose, that media, those books, those channels, choose wisely, what we feed, our minds with, that you'll help us, to cultivate, these good things, we praise you Lord, in Jesus name, Amen.