

**Introduction: Are you feeding or starving your fear?**

**University of Tennessee – 12 year study:**

Psychologically: “We are what we eat”

Negative Thinking → Fearful Emotions → Ungodly Behavior → Devastating Consequences

**OR**

Positive Thinking → Peaceful Emotions → Godly Behavior → Fruitful Consequences

**Summary: Science and Scripture agree**

1. We are a product of our \_\_\_\_\_ life. Proverbs 23:7

2. Our \_\_\_\_\_ flow from our thought life. Romans 8:6

3. What we allow to enter our mind is the most important  
\_\_\_\_\_ we make each and every day.  
Romans 12:2

**Question:** How can we choose peace in a broken world?

**Answer:**

<sup>8</sup> 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, dwell on these things.

<sup>9</sup> The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

Philippians 4:8-9 (NASB)

**Command #1:** \_\_\_\_\_ on these things...

Philippians 4:8

**True:** Objectively true, that which conforms to reality vs. things that are deceptive, illusions that promise peace and happiness.

**Pre-view question:** Is this \_\_\_\_\_ or \_\_\_\_\_?

**Honorable:** “Sober”, “serious”, “worthy of respect”, “inspires awe” – it refers to those things which reflect the weighty purposes of a believer’s life.

**Pre-view question:** Does this \_\_\_\_\_ or \_\_\_\_\_?

**Right:** “Righteous”; used in New Testament to refer to the Father, Jesus, God’s actions, God’s character. It pictures doing what is right when tempted.

**Pre-view question:** Is this morally \_\_\_\_\_ or \_\_\_\_\_?

**Pure:** From the same root word as “holy.” It means free from defilement; sexual and moral purity in thought, word, and deed.

**Pre-view question:** Will this \_\_\_\_\_ or  
\_\_\_\_\_ my soul?

**Lovely:** “Attractive”, “winsome”, “beautiful”; it pictures those things that call forth a response of love and warmth within us vs. bitterness, criticism and vengeance.

**Pre-view question:** Will this \_\_\_\_\_ or  
\_\_\_\_\_ my heart?

**Good Repute:** That which is “commendable”, “gracious”, “admirable”; it literally means “fair speaking.” **It describes the things which are fit for God to hear** vs. ugly words, false words, and impure words.

**Pre-view question:** Could I \_\_\_\_\_ this to  
someone who looks up to me?

**Summary: Virtue and/or Praise:** A summary of sorts to “think on” anything that has moral excellence and will inspire and motivate us to love God and others...

**Command #2:** Habitually \_\_\_\_\_ these things...                      Philippians 4:9a

- Learned... Received:                      Appetite and application
- Heard... Saw:                                      Instruction and modeling

**Why?** Your thought life determines your \_\_\_\_\_.                      Romans 8:5-8

**How?** The principle of mind \_\_\_\_\_.                      Romans 12:2

**Promise:** The God of peace (shalom) will be \_\_\_\_\_ . Philippians 4:9b

**21 Minutes that will change your life:**

- |   |            |
|---|------------|
| 1. <b>Read:</b> The Bible                         | 10 minutes |
| 2. <b>Pray:</b> Talk with God                     | 7 minutes  |
| 3. <b>Listen:</b> Sit quietly and listen          | 3 minutes  |
| 4. <b>Apply:</b> One specific truth/serve someone | 1 minute   |

**Discussion Questions:**

1. How does our thought life affect our emotions?
2. How would you describe the quality of your thought life? What adjustments do you sense God would have you make in what you **view, read, and think**?
3. Why is **habitual practice** of the truth so vital if we are to experience God's peace? Why does "duplicity" create stress and lack of peace in our lives?
4. What insight has God given you today to help you experience His **peace** in your life? How will you choose to cooperate with God's process in your life? Who will help you?

**Resources:**

*Reclaiming the Lost Art of Biblical Meditation*

*Good to Great in God's Eyes*

*Topical Memory System*

by Robert Morgan

by Chip Ingram (Chapter 1 – "Think Great Thoughts")

by The Navigators Press