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

- **Physically** – “We are what we eat”

- **Psychologically** – “We are what we eat”

\[ \text{Wrong Thinking} \rightarrow \text{Negative Emotions} \rightarrow \text{Unwise Behavior} \rightarrow \text{Devastating Consequences} \]

**OR**

\[ \text{Right Thinking} \rightarrow \text{Positive Emotions} \rightarrow \text{Wise Behavior} \rightarrow \text{Fruitful Consequences} \]

**Summary:**

1. We are a product of our __________________________ life.

2. Our __________________________ flow from our thought life.

3. What we allow to enter our mind is the most important __________________ we make each and every day.
**Question:** How can we have peace in a fallen world?

**Answer:**

*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.*

*The things you have learned and received and heard and seen in me, practice these things; and the God of peace shall 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 the __________________ or a __________________?

- **Honorable:** Translated “grave”, “worthy of respect”, “dignity of holiness” - it refers to those things which reflect the seriousness of purpose of a believer’s life (inspires “awe”).

  **Pre-view Question:** Does this _________________ or __________________ God?

- **Right:** “Righteous”; used in N.T. to refer to the Father, Jesus, God’s actions, God’s character. It pictures duty faced and duty done vs. seeking comfort, pleasure and easy ways.

  **Pre-view Question:** Is this morally __________________ or __________________?
• **Pure**: From the same root word as “holy.” It means pure from defilement, moral purity and internal integrity; not contaminated.

  Pre-view Question: Will this ______________ or ______________ my soul?

• **Lovely**: Translated “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**: Translated “of good report”; (KJV), “gracious”; it literally means “fair speaking.” It describes the things which are fit for God to hear vs. ugly words, false words, 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 “lift up” anything that has moral excellence; i.e., that which will motivate us to godliness; it is worth commending to others.

  *Why?* Your mindset determines your ______________. Romans 8:5-8

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

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

  • Learned . . . Received: Appetite and application
  • Heard . . . Saw: Instruction and modeling
Promise: The God of peace (blessing) will be __________ _______. Philippians 4:9b

30 minutes that will change your mind:

1. Read – The Bible 10-12 minutes
2. Pray – Talk with God (A.C.T.S.) 8-10 minutes
3. Listen – Sit quietly and listen 3-5 minutes
4. Apply – One specific truth to yourself / serve someone else 3-5 minutes

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 in our lives?

4. What insight has God given you today to help you experience inner peace in your life? How will you choose to cooperate with God’s process in your life? Who will help you? Who will you help?