

Philippians 4:8-9

The Thought Life of a Believer

In this section, Paul directs us to consider the importance of filling our minds with the type of things that honor the Lord.

> Paul gives us six things worth thinking about (v. 8). What are they? Things that are true, honorable, just, pure, lovely, and commendable.

> What does Paul mean when he says we should “think about these things” (v. 8)? All of our thoughts should be characterized by these attributes; each should fit one of these categories.

> Why is it important for a person to control their thought life (note [Mark 7:20-23](#); [Matt. 23:25-26](#); and [Rom. 8:5-6](#) as you consider your answer)? If our thoughts are impure, our actions will become impure; if our thoughts are godly/pure, our actions will be godly also. Our thoughts dictate our character and what we do.

> In [verse 9](#), Paul emphasizes his desire for the Philippians to not only listen to his words, but to put them into practice. The key in practicing godliness is learning to focus our thoughts on those things which are godly (v. 8)!

Application

The qualities mentioned in [verse 8](#) are described as being of “excellence” and “worthy of praise.” Such things are what God is about and therefore what we should be about.

- Do the things you watch and listen to help or hurt your desire to have a godly thought life?
- Do the things you allow to occupy your thought life influence behavior that is honoring to God?

When we direct our focus onto that which pleases God, we will discover that we become more passionate to do what He has called us to do and become who He has called us to be!