

“Finally, brethren, whatsoever things are **true**, whatsoever things are **honest**, whatsoever things are **just**, whatsoever things are **pure**, whatsoever things are **lovely**, whatsoever things are of **good report**; if there be any **virtue**, and if there be any **praise**, think on these things.”

Philippians 4:8

Session I - January 26, 2020

Whatsoever things are...

1. **True** - Loving, speaking the truth, truthful.
2. **Honest** - Honorable, venerated for character.
3. **Just** - Upright, righteous, one “whose way of thinking, feeling, and acting is wholly conformed to the will of God”.
4. **Pure** - Modest, clean.
5. **Lovely** - Acceptable, pleasing.
6. **Good Report** - Reputable, “uttering words of good”, well spoken of.
7. **Virtue** - Excellence, valor.
8. **Praise Worthy** - Commendable.

Most of our thoughts could be “thrown out” on the basis of one thing: _____

John 8:32

How do we train our minds to think on these things?

II Corinthians 10:4-5

Hebrews 12:11

Romans 12:2

Ephesians 6:10-18

Throughout our day let's **THINK** about our thoughts!

T - Is it _____ and _____?

H - Is it _____ or _____?

I - Is it _____ and _____, or _____?

N - Is it _____ or _____?

K - Is it _____ and _____ (to resemble, relate

to, or be fit for a King)

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Philippians 4:8

Week 1 Challenge:

Pray, review the scriptures provided, and ask the Lord to reveal to you at least TEN things that you know to be true. As you are completing your list find Bible verses to support your truths.

What Do I Know To Be True?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

“Finally, brethren, whatsoever things are **true**, whatsoever things are **honest**, whatsoever things are **just**, whatsoever things are **pure**, whatsoever things are **lovely**, whatsoever things are of **good report**; if there be any **virtue**, and if there be any **praise**, think on these things.”

Philippians 4:8

Week 2 Challenge:

Throughout your week be mindful and aware of your own thoughts and the **source** of your thoughts. We know where to find the source of Truth (God’s Word), and anything that goes away from the Truth is a **lie**. What are some lies you’ve been believing as truth? Search the Word to find scriptures to combat these lies.

1.

2.

3.