

## *The Message Notes*

**Message:** *What Are You Thinking About?*

**Teacher:** Pastor Derrick Varner

**Date:** July 21, 2024

**Text:** Philippians 4:8-9 NLT



And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

**Objective:** Encourage Christ-followers to be cognizant of the spiritual battle (*struggle*) we're in and challenge you to guard your heart and mind of the subtle attacks from the adversary with the Word of God.

### **Message Points:**

#### **Point 1:** *The Clarion Call*

Philippians 4:8a And **now**, dear brothers and sisters (*Christ-Followers*), one final thing.

Who is the author talking to and why? \_\_\_\_\_

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How's your thought life? \_\_\_\_\_

\_\_\_\_\_

What breaks the cycle of negative thinking? \_\_\_\_\_

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How do I handle discouragement and arguments in the mind? 2 Corinthians 10:5 NKJV. Traits of New Creatures in Christ: 1 Corinthians 13:3-8, Galatians 5:22-23, Philippians 4:8, Colossians 3:12-16, and 2 Corinthians 5:12

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#### **Point 2:** *Transform Our Thinking*

Philippians 4:8-b Fix your **thoughts** (*mediate*) on what is true, and honorable, and right, and pure, and lovely, and admirable. **Think** about things that are excellent and worthy of praise.

Joshua 1:8-9, Psalm 1 and Psalm 119

Our thoughts can influence and affect our \_\_\_\_\_.

It is the \_\_\_\_\_ life that contaminate. Mark 7:20-23 TLB

What are some of the things should I put my focus on?

- \_\_\_\_\_; Numbers 23:19
- Honorable
- \_\_\_\_\_
- Pure
- Lovely
- Admirable
- \_\_\_\_\_ : Colossians 3:23-24
- Anything worthy of praise

**Reflection:** In a world filled with conflicting messages and half-truths, God provides a standard of truth that is unchanging and reliable.

**Point 3:** *Do Something (exercise)*

Philippians 4:9 Keep putting into **practice** all you learned and received from me—everything you heard from me and saw me doing. Then the God of **peace** will be with you.

Are you growing in your walk with Christ? \_\_\_\_\_

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How do you start your day? Do you make spending time with God a priority?

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NOTES: \_\_\_\_\_

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**Reflection:**

How often do you think about Christ? Do you meditate much upon the Scriptures? Do you let your thoughts run wild? From whom are you learning? Who is mentoring you? Are you being disciplined? Are you discipling others?