

# WHAT'S ON YOUR MIND?

## Philippians 4:8-9

### INTRODUCTION

- You're not what you think you are; but what you THINK—you are!
- Our thoughts shape who we are; the mind holds immense power over our lives.
- "The human brain is the most complex arrangement of matter in the universe." (Dr. Duane Gish, Associate Director, Institute for Creation Research)
- The *mind*, *soul*, and *heart* are different terms used in scripture to denote the inner man from whence our thoughts originate
- *Keep thy heart with all diligence; for out of it are the issues of life.* (Proverbs 4:23)
- *For as he thinketh in his heart, so is he:* (Proverbs 23:7)

Sow a thought,  
Reap an act;  
Sow an act,  
Reap a habit;  
Sow a habit,  
Reap a character;  
Sow a character,  
Reap a destiny!

- Every sin begins in the heart and mind (James 1:15; Matthew 15:17-20)
- From the fall, man's heart has become utterly corrupted by sin (Genesis 6:5; Jeremiah 17:9; Titus 1:15)
- The mind is renewed through regeneration (2 Corinthians 5:17; Colossians 3:10)
- The believer's mind is to be continually renewed through sanctification (Romans 12:2; Ephesians 4:23-24)

- Within every believer, there is a war going on (1 Peter 2:11)

## I. FIX YOUR THOUGHTS ON PURITY (8)

### A. Thoughts are influenced through the senses

1. What we see and hear influences our hearts (Psalms 101:3; Proverbs 19:27; Lamentations 3:51)

### B. Ungodly thoughts must be cast down (2 Corinthians 10:5; Hebrews 12:1-3)

1. We can control what we think about.

### C. To *meditate* is to concentrate and think deeply

1. Isaac practised regular meditation (Genesis 24:63)
2. God's word is to be the subject of our continual meditation (Joshua 1:8; Psalm 1:2; 119:97; 1 Timothy 4:15)

### D. A checklist for thinking

1. True – valid, honest, and reliable
  - a. The devil and the world are full of lies and deception (John 8:44)
  - b. God's word is truth (John 17:17)
2. Honest – revered, venerated
  - a. The Christian's speech and conduct must be beyond reproach
3. Just – righteous and godly
  - a. In our dealings with both God and men, we are have "always a conscience void of offence" (Acts 24:16)
4. Pure – chaste and morally clean
  - a. We are called to be holy in all manner of conversation (1 Peter 1:15; Hebrews 12:14)

- b. This pertains particularly to dealings between the sexes (1 Timothy 5:2)
- 5. Lovely – what is amiable, agreeable, or pleasing
  - a. The word speaks of that which excites loves, that which promotes brotherly love and creates agreement (1 Corinthians 13:4-7)
- 6. Of good report – that which is winsome and attractive (1 Peter 4:8)
- 7. Virtue – consummate excellence or merit within a social context
- 8. Praise – things that are praiseworthy or commendable
  - a. A righteous life will receive praise of men (Romans 13:3)
  - b. But we are to seek first the praise of God (Romans 2:29)
  - c. At the judgment seat of Christ the faithful believer will have praise of God (1 Corinthians 4:5)

## II. FOLLOW YOUR THINKING WITH PRACTICE (9)

- A. Teaching must not only be learned, it must be practiced
  - 1. We are to not only *learn* with our heads, but *receive* into our hearts
  - 2. A religion that has no practical outworking is vain (James 1:22)
- B. Imitate the godly examples of others
  - 1. Paul lived a holy life, so that he could encourage others to follow his example (Philippians 3:17)
  - 2. We are only to follow them as they follow Christ (1 Corinthians 11:1)
- C. Receive Biblical preaching

1. *Despise not prophesyings.* (1 Thessalonians 5:20)
2. *Receive with meekness the engrafted word* (James 1:21; cf. Hebrews 4:2)

### III. FELLOWSHIP WITH THE GOD OF PEACE (9)

- A. God's peace is promised to those who walk in holiness
1. He is the "God of peace" because He alone gives true and lasting peace to man (Hebrews 13:20; 1 Thessalonians 5:23; cf. John 14:27)
  2. His peace passes all understanding (Philippians 4:7)
  3. Many Christians lack peace and assurance, and fail to realise the blessing of God on their lives
  4. It is only through holiness of thought and behaviour, performing the duties we owe to God and men, that we may enjoy the blessing of the God of peace
  5. *"If ye know these things, happy are ye if ye do them."* (John 13:17)

### CONCLUSION

1. "We all have thoughts that would shame hell." (Robert Louis Stevenson)
2. God will bring every secret thing to judgment (Ecclesiastes 12:14)
3. Has your heart and mind been renewed by the Spirit of God?
4. Who is winning the battle over your mind – the flesh or the Spirit?
5. Where are your affections set – on the things of earth, or the things of heaven? (Colossians 3:1-2)
6. Make this your constant prayer:

*Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.*  
(Psalms 19:14)