

# Think About Such Things

**Scripture:** Phil. 4:8 & Prov. 23:7

## **Introduction:**

Do the circumstances of life ever get you down? You know, the things that happening around us whether real or perceived often times has an effect on our outlook and the way we feel, act, and think.

I don't know how things are where you work but when I worked at the Power plant I worked around a lot of foul mouthed people, who loved to be vulgar. It took some real mental gymnastics to stay spiritually focused in that kind of environment.

One day I found myself walking along at work

- My feet were hurting, generally I had to walk some 5 miles a day in heavy work boots.
- Then I realized my back was tired.

Then as I was waiting on the elevator:

- I began to think of all the stuff at home I needed to do:
  - Mow the grass
  - Wash the car
  - Fix the sink
  - etc.

\*You've been there.....weighted down by the world.

- Then for no reason the plant superintendent comes by complaining that we hadn't got something done that we didn't even know about.

I had been reading a book by Zig Ziglar on the power of positive thinking and realizing that I was in a foul mood, **also knowing this is when Satan does his best work with me**, I searched high and low for something positive to think about in my surroundings. I was looking down when I saw one of my shoe laces hanging out. So I stopped to think about shoe laces and how great it was to have something so small make such a great difference. I realized that without them blisters would plague my day. Not only that my shoes would fall off, or I would trip and fall down because of the looseness of the boot.

Daniel Goleman in his book "Emotional Intelligence" points out that the mind is like is really like a computer. Computers do some pretty amazing things, they can help us balance our check books, pay bill, make power point presentations.

- They can only do this because they have been programmed.

## **Transitional Statement:**

God has given us the responsibility to choose the right programming. He wants us to stop the inflow of garbage into our minds. So that, our thinking will be healthy and give glory to our God. He wants us to steer clear of the negative a turn to the positive.

**Read:** Phil. 4:8

## **Body:**

- I. 1<sup>st</sup> Step in being positive is to **Rejoice**
  - Phil. 4:4
    - Worth a double mention
    - \*Every waking second praising God
  - We are built to for rejoicing
    - A healthy mind doesn't burn negative thoughts to well.
  - Just look unto heaven like King David and declare with all your heart the worth of God and your mind can't help but turn away from the world.
  
- II. 2<sup>nd</sup> Step in being positive is **Not Worrying**
  - Phil 4:6
  - Anxious – means troubled, concerned, or worried
  - Clean your mind of worldly things
  - Give it to God
    - Casting your anxiety on him because he cares for you 1 Pet. 5:7
  
- III. 3<sup>rd</sup> In being positive we must **With Thanksgiving Pray**
  - Trust God
    - With your wants & needs
  - faithfully knowing that all things work together for good to those who love God, to those who are called according to his purpose.
  - Understanding that the outward appearance may only be the devil's ploy
  - God sees all and is has charge over everthing.
    - Discuss everything with God...He is listening

- IV. Finally in being positive, **Fill up our spiritual tanks with goodness.**  
Remember the story of the man that when an evil spirit came out of him...it eventually came back to the man, finding his house swept and in order moved in with seven other evil spirit. Matt. 12:43-45

**\* IT'S NOT ENOUGH TO CLEAN UP WE HAVE TO FILL UP**

a. **Phil. 4:8 says to THINK ON WHATEVER IS:**

- True (looking for what is true) ...
- Honorable
- Right
- Pure
- Lovely
- Good repute (good report)
- Things that are of excellence & worthy of praise
- \*THINK ON THESE THINGS**

- b. Words of the Apostle Paul says "Since, then, you have been raised with Christ set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things." Col. 3:1-2
- c. You see it what we allow in is what comes out.

V. We need to play a little sheriff in our lives and **arrest our bad thoughts**

- a. 2 Cor. 10:5 "We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ"
- b. If we keep allowing our minds to absorb bad thoughts  
-1 Tim. 4:2 Our consciences will become seared as with an iron  
\*Sin won't bother us anymore and will be in danger of Hell
- b. James 4:7 "Resist the devil and he will flee from you"

**Conclusion:**

Let's go back to Philippians and let the Apostle Paul wrap up for us.

**\*WITH REJOICING, GIVING IT TO GOD, FAITH, AND FULL OF GOODNESS.**

-Phil 4:7 "And the peace of God which surpasses all comprehension, will guard Your hearts and your minds in Christ Jesus."

**\*Do you have peace in your life?**

**\*Is your spiritual programming messed up?**

**\*Are you struggling this evening and just need to pray with someone**

**\*We would love to help you find this peace**

**\*IF YOU WOULD COME DOWN FRONT DURING THE INVITATION SONG WE WILL GATHER AROUND YOU LIKE FAMILY AND HELP YOU IN EVERY WAY WE CAN.**