

What's on Your Mind?

Philippians 4:8-9

Big Idea: What fills your mind shapes your life. Philippians 4:8-9 calls us to think on what is true, honorable, pure, and lovely. Transform your thoughts through God's Word, and you'll transform how you live. As a man thinks, so is he. Fix your mind on Christ today.

Key Takeaways:

1. We are commanded to love God with our minds
2. Romans 12:2 - We are transformed by the renewing of our minds through God's Word
3. Eight Categories for Meditation: True, Honorable, Just, Pure, Lovely, Commendable, Excellent, Worthy of Praise
4. The Five-Finger Method for engaging God's Word: Hear, Read, Study, Memorize, Meditate

Scriptures:

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|---------------------------------------|--------------------------------------|
| <input type="radio"/> Proverbs 23:7 | <input type="radio"/> John 17:17 |
| <input type="radio"/> Romans 12:2 | <input type="radio"/> Romans 3:23 |
| <input type="radio"/> Genesis 1:1 | <input type="radio"/> Matthew 15:8-9 |
| <input type="radio"/> Psalm 139:13-14 | <input type="radio"/> Micah 6:8 |
| <input type="radio"/> Psalm 19:1-2 | <input type="radio"/> Isaiah 6 |
| <input type="radio"/> Psalm 19:7-10 | <input type="radio"/> Matthew 5:8 |

Opening Question:

What's one thing you consumed this week (food, media, conversation) that you knew wasn't good for you but did anyway? How did it affect you?

Discussion Questions:

Pastor Tim compared mental junk food to physical junk food. What are some examples of "mental junk food" that commonly distract us from godly thinking?

Read Proverbs 23:7 - "As a man thinks, so is he." How have you seen this principle play out in your own life or the lives of others?

The sermon emphasized that transformation comes through renewing our minds (Romans 12:2). What does "renewing your mind" practically look like in your daily routine?

Pastor Tim mentioned four truths to meditate on: God's creation, God's Word, Mankind's sinfulness, God's provision in Jesus. Which of these truths do you find yourself thinking about most often? Which do you neglect?

Psalm 19 shows both general revelation (creation) and specific revelation (God's Word). When was the last time something in creation led you to worship God? Share that experience.

Pastor Tim said, "God's Word not only reads us, it calls us out." How has Scripture convicted you recently about who you really are?

Choose 2-3 of the following categories and discuss:

Honorable: How can we honor God with our thoughts before we honor Him with our actions?

Just/Righteous: How does understanding God's perfect justice help us show mercy to others?

Pure: What practical steps can we take to pursue purity in our thought life?

Lovely/Beautiful: How can we train ourselves to see God's beauty in everyday moments?

Praiseworthy: What would it look like to "speak the language of heaven" this week?

Pastor Tim quoted: "The righteousness God requires is the righteousness His righteousness requires Him to require." How does understanding God's perfect standard both humble us and point us to Jesus?

Review the Five-Finger Method for engaging Scripture: Hear, Read, Study, Memorize, Meditate
Which of these five do you do most consistently? Which do you struggle with most?

Pastor Tim encouraged using sermon-based study in small groups. How could this group better support each other in applying what we hear on Sundays?

Philippians 4:9 says to practice what we've learned. What is one specific thing from this sermon that you want to put into practice this week?

Practical Applications:

1. The Daily Reset - Set 2-3 alarms on your phone each day. When the alarm goes off, pause and meditate on one aspect of Philippians 4:8. "What am I thinking about right now? Does it fit these categories?"
2. Scripture Meditation - Choose one verse from the sermon (Psalm 19:1-2, Romans 12:2, Philippians 4:8-9, etc.). Write it on a notecard and place it where you'll see it multiple times daily. Read it aloud each morning and evening, thinking about what it means.
3. The Mental Audit - Keep a simple log for 3 days of what you consume mentally (shows watched, social media time, conversations, music, etc.). At the end of each day, evaluate: Did this help me think on what is true, honorable, just, pure, lovely, commendable, excellent, and praiseworthy?
4. Memorization Partnership - Partner with someone in the group to memorize Philippians 4:8-9 this week. Text each other the verses daily. Recite them together next week.

Closing Thought/Prayer:

"We can only think rightly about God when we've been made right with God through Jesus Christ. Transformation of our minds begins with regeneration of our hearts. If you haven't placed your faith in Jesus, today is the day to call out to Him."