

## Think on These Things



“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.”  
Philippians 4:6-8 (NKJV)

This passage reminds us that we are NOT powerless over our thoughts. Scripture gives us a filter, a coping skill, to overcome the thoughts that have been holding us captive. When anxiety, fear, shame, or confusion arise, we can pause and examine our thinking on God’s truth.

### 1. What is true?

- a. Ask yourself what facts do I know for certain right now?
- b. What does God say about this situation?

Feelings can be strong but feelings are not facts. Truth must be grounded and informed by reality and in God’s Word, not in assumptions, fears, or worst-case scenarios.

**Reflection:** Am I believing something without evidence? Am I replacing God’s truth with fear or past experiences?

### 2. What is honest?

- a. Honest thoughts are sincere and transparent. This includes being honest about pain, disappointment, or struggle, without exaggeration or denial.
- b. Honesty allows us to acknowledge reality while still bringing them before God.

**Reflection:** Am I being truthful with myself, or am I minimizing or dramatizing what is happening?

### 3. What things are just?

- a. Just thoughts align with righteousness, fairness, and God’s character. This includes refusing to judge ourselves or others harshly and remembering that God is a righteous judge.
- b. Justice includes grace as well as accountability.

**Reflection:** Am I being fair to myself and others, or am I operating from guilt, resentment, or comparison?



4. **What is pure?**

- a. Pure thoughts are free from corruption, deceit, and unhealthy fixation.
- b. This does not mean ignoring difficult topics. It does mean guarding your mind from thoughts that lead to shame, lust, bitterness, or despair.

**Reflection:** Is this thought drawing me closer to God or pulling me into guilt, obsession, or hopelessness?

5. **What is lovely?**

- a. Lovely thoughts point us toward what reflects God’s goodness, beauty, and love. This may include gratitude, kindness, meaningful relationships, or moments of peace.
- b. Lovely does not mean perfect, but it does mean life-giving.

**Reflection:** What can I notice right now that reflects God’s care, even in a small way?

6. **What is of a good report?**

- a. A good report focuses on what is constructive, edifying, and aligned with hope.
- b. This does not ignore problems, but it resists feeding the mind with constant negativity, rumors, or discouraging narratives.

**Reflection:** Am I dwelling on what builds faith, or repeatedly focusing on what drains it?

**Closing encouragement**

Thinking on these things is a moment-by-moment, thought-by-thought practice, not a one-time decision. Changing our thought patterns takes time and practice. When a thought does not align with biblical truth, it can be gently challenged and redirected. Over time, this discipline helps bring peace, clarity, and alignment with God’s truth.

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