

**Discovering Spiritual Health - Part 2
Philippians 4:6b-9**

Spiritual Health is...

1. Declaring my _____ on God for all that life _____. v.6
 - a. By earnest, humble _____
 - b. By expressed _____

2. Trusting in God's flawless _____ and infinite _____. v.7

"Oh, the depth of the riches both of the wisdom and knowledge of God! How unsearchable are His judgments and unfathomable His ways!" Rom 11:33

3. Thinking on that which shapes and refines _____
_____. v.8

"...But we have the mind of Christ." 1 Cor 2:16b

"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" 2 Cor 10:5

"And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect." Rom 12:2

Think on Whatever is...

- **True** – truth counters the _____
 - **Honorable** – honorable thinking produces honorable _____
"For as he thinks within himself, so he is." Prov 23:7a
 - **Right** – right thinking plans and acts on that which is _____.
 - **Pure** – pure thinking confronts the _____

 - **Lovely** – valuing that which _____ and declares as good.
 - **Of good repute** – pondering the constructive _____ and _____ of the wise
 - **Excellent** – holding to all that is _____.
 - **Worthy of praise** – that of which God gives _____

4. Practicing the _____ that prompt Godly thoughts, actions and attitudes. v.9

"until we all attain to the unity of the faith, and of the knowledge of the Son of God, to a mature man, to the measure of the stature which belongs to the fullness of Christ." Eph 4:13