

**Philippians 4:8-9** “Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. <sup>9</sup> The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.”

**Ephesians 6:17** “And take the helmet of salvation, and the sword of the Spirit, which is the word of God.”

**Isaiah 59:17** “Put on righteousness like a breastplate, And a helmet of salvation on His head; And He put on garments of vengeance for clothing And wrapped Himself with zeal as a mantle.”

**1 Thessalonians 5:8** “Since we are of the day, let us be sober, having put on the breastplate of faith and love, and as a helmet, the hope of salvation.”

**Romans 12:1-2** “I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. <sup>2</sup> Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

**1 Corinthians 2:16** “But we understand these things, for we have the mind of Christ.”

**Philippians 4:7** “And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

**Dwell on what is:**

- True
- Honorable
- Right
- Pure
- Lovely
- Of good repute
- Excellent
- Worthy of praise



## TRUE

Absolute truth should always be our benchmark. Jesus said He was Truth ([John 14:6](#))  
[John 18:37](#) “Then Pilate said to him, “So you are a king?” Jesus answered, “You say that I am a king. For this purpose I was born and for this purpose I have come into the world—to bear witness to the truth. Everyone who is of the truth listens to my voice.”

### When we dwell on truth it is:

- Free from lies
- Doesn't contain deceit
- Is edifying
- God

## HONORABLE

Honor — High respect, as that shown for special merit; recognition or esteem; not shameful, twisted, or foolish.

[2 Timothy 2:20-21](#) “Now in a great house there are not only vessels of gold and silver but also of wood and clay, some for honorable use, some for dishonorable. <sup>21</sup> Therefore, if anyone cleanses himself from what is dishonorable, he will be a vessel for honorable use, set apart as holy, useful to the master of the house, ready for every good work.”

## RIGHT

Right — Fitting, proper, or appropriate; not wrong, sinful, or rebellious.

## PURE

Pure — Having a homogeneous or uniform composition; not mixed, not tainted, coarse, or immoral.

[Matthew 5:8](#) “Blessed are the pure in heart, for they shall see God.”

## LOVELY

Strong affection for another arising out of kinship or personal ties; attraction based on sexual desire; affection based on admiration, benevolence, or common interests; unselfish loyal and benevolent.



---

## OF GOOD REPUTE

The character or status commonly ascribed to one; GOOD REPUTATION; the state of being favorably known, spoken of, or esteemed.

## EXCELLENT

Very good of its kind; eminently good; FIRST-CLASS.

**Colossians 3:17** “And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.”

## WORTHY OF PRAISE

To express a favorable judgment of; COMMEND; anything free from evil.

We live in a world that is constantly bombarding us with messages, images, and worldviews that are incompatible with a biblical worldview and biblical guidelines for godly behavior. Even Christians can begin to think in secular, rather than biblical, categories if the popular, secular culture begins to inform their values. Paul reminds us that we must constantly reject those things that do not draw us closer to God and consciously focus on the things that do. We have the ability to choose what we think about.

Thinking about whatever is true, honorable, right, pure, lovely, of good repute, excellent, and worthy of praise applies to every area of life, but would seem to be especially appropriate for evaluating the consumption of popular media—music, TV, movies, and literature. This does not mean that everything we watch, read, or listen to must be overtly Christian in nature, but it does mean that it should draw our hearts closer to God and increase our desire to obey Him, to fellowship with other believers, and to share the gospel. If the subject of our thoughts does not do these things, then it does not pass the test of Philippians 4:8. It seems likely that, if Christians took this verse seriously, our media consumption habits would have to change.

