

Philippians 4:8-9

Philippians 4:8it- Right Thinking Produces Right Living **Rootwork**

1. (Everyday) Before you begin your study time, spend time in prayer! Go through your “yesterday” and ask the Lord to reveal your heart! Prepare your heart and surrender your will to the Spirit of God! Allow Him to have full access by not withholding anything He wants to do in you and then do through you!! Make a conscious effort to bow your will in obedience to the Lord before you even dive in! This prepares your heart to hear and heed everything He speaks to you!
2. (Everyday) Then spend time in adoration and worship after you have cleansed your heart and before you dive into the Scriptures!! Proclaiming who God is and adoring Him lifts our eyes up and keeps our focus on what really matters...putting God in His rightful place and putting us in ours! Remember, the enemy is going to try to keep you from being in the Word. He hates when we worship our God. Worship breaks his bondages over believers, so submit to God, resist him, and he will flee!!
3. If you were at the “Digging Deeper Workshop” and would like to structure these Scriptures, copy and paste Philippians 4 (if you have not done so already) into a Word/Pages document or write it out verse by verse, following the structuring handouts you received! If you were not there and want to watch it, search “Digging Deeper” on our website or app and watch it for tools to help you in your study time! (We will be doing another one in December)

4. (Everyday) After you finish your Rootwork every day, be sure to spend time in prayer (ACTS), going through what you have learned and received from the Word of God! This is also in your “Digging Deeper” handout.
5. Read Philippians 4:1–9 in context. What daily truths from all three studies do you need to cling to? Look back over your section themes and make a reference sheet on what to do when... (facing conflict, anxiety, racing thoughts, etc.). Keep it handy so you can refer to it quickly when you need it! This will be a great tool, and it will remind you to go back and listen over and over again!!
6. Write out the section theme for this section. Can you think of another one that will help you remember what you learned?
7. We discussed in our last study how to wage war on anxiety through prayer (ACTS). The battle is won through heartfelt surrender and thanksgiving... but what makes that so hard? Why is it so difficult for us to turn to the Lord in true surrender when we are feeling anxious?
8. Oftentimes, we start dwelling on, fixing, feeding, and rehearsing the very thing we just prayed about! Have you been there? Is this something you struggle with? If so, Philippians 4:8 will be a lifeline for you, and you need to return to it to filter every thought! It is a divine mental training blueprint for our lives! The God who created these brains gave us a way to navigate our thoughts... perfectly!! Oh, He is so, so good!! Aren't you happy He didn't just create us and then leave us to figure this out on our own!!??

9. So, what is your mind dwelling on? This past month, week, or day? Certain practical responsibilities will occupy your thinking throughout the day; there is no avoiding that. But what are your thoughts when you are free to think about other things? What has captivated your thought life and produced well-worn pathways in your brain? Write it out... all of it!! 😊
10. What was the first point we covered when making sure we are thinking right? (We covered four points.)
11. I have OFTEN said, “What you plant is what will grow!” Oh, how true this is!! Read Galatians 6:7–9 and Romans 8:6–8, and write out the law of the harvest in our minds! What does God’s Word say?
12. What kind of seeds are you planting, watering, and causing to grow in your mind? This is not the same thing as what you answered before about what you are dwelling on... but what kind of seeds are you planting? What lies do you tend to believe that get you to the point of dwelling on certain things? What temptations or tendencies do you struggle with that shape your thought patterns? Understanding the tendencies of our flesh to believe certain lies can help us stop that stinking thinking more quickly and, in turn, change those pathways of thought!
13. Do you lead your thoughts, or do your thoughts lead you? Who is in the driver’s seat? When you have a thought, do you follow it, or do you take it through security clearance? Are you picky about what you allow to entertain your mind?

14. Read Proverbs 23:7 and write it out! Can you give an example of how you have seen this to be true in your own life?
15. Read Philippians 4:8, mark any repeated words, and look up and record the meaning of each word in your Blue Letter Bible app. (If you need help, let me know!)
16. What was the second point we covered when making sure we are thinking right?
17. Let's look at "whatever is true." Next to your definition in the original language, write out John 17:17, Proverbs 30:5 (NLT), Psalm 119:160, and John 14:6. Record what each verse says about truth!
18. What does dwelling on truth safeguard you against?
19. Look at "whatever is honorable." Then, next to your definition, write out what you see in Romans 12:17 and 1 Thessalonians 4:3–5 about what is honorable! How can you apply this in your own life? Is there anything that needs to change so that you can dwell on what is honorable instead of what is disrespectful?
20. What does dwelling on what is honorable safeguard you against?
21. Look now at "whatever is right or just." Next to the definition, write out Proverbs 21:3 and Colossians 3:2–4! What nuggets of truth do you see here? How does this help shape your perspective? In

Colossians 3:2–4, the word “mind” bears the thought of a heart’s desire. Personalize this Scripture and write it out as a commitment to the Lord!

22. What does dwelling on what is right and just safeguard you against?

23. Next, look at “whatever is pure.” Again, next to the definition, write out Matthew 5:8, Psalm 51:10, and James 3:17! These are powerful verses, so go through them slowly and write out how they reveal the value of purity! Does this challenge you? If so, how?

24. Pull up Psalm 119:9–16 and print it! Then, go through each line and pray through each one. Set your heart to long for what is written here. Do you long for the Lord? Do you long to truly treasure His Word? Do you love His Word like the psalmist here loves His Word? Oh, how I pray that all of our hearts grasp this and beg to be delighted in His statutes like this!! Write out your prayer to the Lord! Sit on this and dwell here awhile! What does the Lord want you to know about how to remain pure and keep your thoughts pure?

25. What does dwelling on what is pure safeguard me against?

26. Now look at “whatever is lovely,” and next to its definition, ask yourself: Are my thoughts gracious toward others? Are they gracious toward myself? Why or why not?

27. What does dwelling on what is lovely safeguard me against?

28. Look at “whatever is of good repute.” Next to its definition, ask yourself, “Is whatever I am dwelling on worth thinking about? Is it worth talking about, and will it bless others?”
29. What does dwelling on what is of good repute safeguard me against?
30. Who is excellent, and who is worthy of praise?
31. What do we do? Look up the word “dwell” and see how many verses you can find where this word is used! Write them out in context and record what you discover about dwelling! How important is it to the Lord, and in what context does He use it?
32. If we are not dwelling on Philippians 4:8 and are not sowing to the Spirit, what are we naturally dwelling on? Look up Mark 7:21–23 and write out what it says!
33. Does this reveal to you personally how dangerous your thoughts can be? If so, how?
34. Our only true hope is the Lord, ladies!! What has He commanded us in Matthew 22:37–38 as He speaks about the greatest commandment? How is your heart doing with this command? If you struggle with it, why do you think that is? Ask the Lord to reveal the root and replace that lie with the truth... then believe that truth regardless of how you feel!!

35. In our study, we discussed how dangerous perceptive thoughts can be! Please write this statement on something you can see frequently! It is something you will need to remind yourself of so that you do not spiral down into unnecessary thought patterns or stinking thinking!

- “When perceptive truth(or false narratives) validates your insecurities, you destroy people, relationships, and your freedom!!”

36. In order to master our thoughts through Philippians 4:8, we have to know what is true, honorable, lovely, etc. But what was the third point we covered about what is necessary to think right?

37. Write out Psalm 139:23–24! Try to memorize it and use it for every single “yesterday” of your quiet time! Review the following as an outline of your quiet time:

- **Yesterday – Die to self.** Get your vessel clean and ready for the Spirit of God to use by confessing and repenting of any sin from yesterday that needs to be addressed. This involves thinking through all your conversations and any areas where you lacked peace. This identifies any lie that leads to false narratives, which lead to overthinking and overreacting!! Stinking thinking needs to be caught during your “yesterday” time!
- **Scripture Reading in Context – Replace the lie with Truth you believe and live out!** This is being washed by God’s Word, which is different from just learning God’s Word!! Apply it and live it! (This is your Rootwork time: your study of one Scripture at a time and your time going through the application questions.)
- **Worship and “Who Is God?” Journal** – This puts God in His rightful place and you in yours. It builds intimacy with the Lord! This helps

you trust God and gain perspective in your thoughts! It keeps the main thing the main thing!

- **ACTS – Adoration, Confession, Thanksgiving, Supplication.**
Prayer and intimacy with the Lord!! Review the teaching from Philippians 4:4–7!

38. Doing this every single day changes the way you think... which changes the way you feel, and then changes the way you live! Look up the following verses and record what God says about your mind! Then do a search to find as many verses as you can about the mind (there are a lot) and write what the Lord is teaching you through them!! This is a gold mine!!

- Romans 12:1–2
- Ephesians 4:21–24
- 1 Corinthians 2:16
- Philippians 2:5
- Proverbs 3:1–8

39. What is the fourth and final point we covered on right thinking?

40. Look up 2 Corinthians 10:3–6 and record all the verbs in these verses! What do you discover? What is our responsibility in what we think about? In what manner do we fight?

41. Look up 1 Peter 1:13–16 and read it slowly! What is the Lord saying here that we need to do with our minds, and why? Is this active or passive? Offense or defense?

42. Are you alert? Sober-minded? Ready to destroy any thought that is not truth in order to be holy, or set apart for the Lord? This will disarm the enemy in your thought life!!!

43. Now, let's walk through this practically! Write out an example of a thought that enters your mind and can lead to stinking thinking! Now, when a thought enters, do not immediately accept it. Pause and ask...

- Is this thought true, or is it fear pretending to be true? Is it insecurity giving me a narrative that feels true?
- Is this thought honorable? Respectful?
- Is this thought right? (According to the Word.)
- Is this thought pure, or is it defiling?
- Is this thought lovely? Gracious? Or is it critical and condemning?
- Is this thought of good repute? Is it worth thinking about? Worth magnifying? Or is it feeding bitterness?
- If these thoughts are not excellent or worthy of praise, I will not dwell on them! I will take these thoughts captive to the obedience of Jesus Christ, and Jesus commands me to dwell on Him, His truth, and His righteousness!! To love Him with my whole mind!!

44. Now read verse 9 of Philippians 4. What does Paul say here? Please look up each word if you have not done so already!
45. How does this verse challenge you personally? How does it remind you of what is most important?
46. Look up James 1:22–25 and compare it to this verse. How do they compare? What is James saying here?
47. Look up and write down Isaiah 26:3, and keep it close to your heart!! What does it say? Where does our peace come from?
48. How can we have the peace of God from the God of peace?
49. Now, look up Psalm 19:7–11 and compare it to Philippians 4:8. How are they similar? How does Psalm 19:7–11 answer Philippians 4:8? Do you see any differences? What do you personally learn and love from these verses? They are both powerful and so very valuable to our lives!!
50. Now write out a prayer response to the Lord about what you have learned from this session! Express how thankful you are for His Truth and His Word!! Pour out your heart to Him in thanksgiving... He longs to have fellowship with you!!