

August 24 & 25, 2019



## Final Thoughts

Philippians 4:8 *Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things.*  
9 *Whatever you have learned or received or heard from me, or seen in me — put it into practice. (do) And the God of peace will be with you. (feel)*

### Think about, how you think about, what you think about

Pattern 1: Think      Do      Feel

Pattern 2: Feel      Do      Think

Pattern 3: Do      Think      Feel

### Think About What You Think About

1. Think about what is true

I am going to clean up my self-talk.

2. Think about what is noble

I am going to stop fault finding.

3. Think about what is right

I am going to stop blaming and take responsibility.

4. Think about what is pure

I am going to stop poisoning my own mind.

5. Think about what is lovely

I am going to make a list of the good things.

6. Think about what is admirable

I will be respectful and affirming.

7. Think about what is excellent

This is about me being what God wants me to be.

8. Think about what is praiseworthy

I will give praise every chance I get.