

Life In Focus

Philippians 4:8

Out of focus sight means everything is blurry and dull. What's true of our eyesight, is also true of our lives in general. They get out of focus, making everything blurry and dull. In many situations we don't know what to do because we can't see clearly...conflicts in marriage, parenting, ethical questions at work, financial decisions, simple matters of right/wrong are more complex, life planning is hard because we are not in focus the way God designed us to be!

"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." Romans 12:2 – We need a renewal of the mind

The book of Philippians is a letter from the Apostle Paul and is full of teaching and encouragements In chapter four he is summarizing his thoughts

Main Idea: Our Lives Come into Focus as We Think About the Things of God

"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."

Philippians 4:8

Three Things to Focus as we Think About the Things of God in Philippians 4:8

I. **Focus Our Minds** – *"Finally, brothers, whatever is true...whatever is just...think about these things." Philippians 4:8*

Each of the seven things Paul references fits into three categories and the first is the Mind.

"You keep him in perfect peace whose mind is stayed on you, because he trusts in you." Isaiah 26:3

True (Aletheia): That which corresponds with fact.

Just (Dikaios): That which is right or proper, fully justified.

Paul tells the Philippians (and us) to *"think about these things"* like Truth and Justice, which means more than a passing thought. It's making these things a habit of our thoughts, we consider them often and dwell on them whenever we see them!

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II. **Focus Our Hearts** – *"Finally, brothers...whatever is pure, whatever is lovely...think about these things." Philippians 4:8*

While truth and justice deal with focusing our minds, we see that purity and loveliness are designed to focus our hearts on the things of God.

Pure (Hagnos): Free from contaminants, innocent, or blameless.

Lovely (Prophiliou): Pleasing to someone, dearness and nearness.

"Thinking on the pure leads one away from sin and shame and toward God and worship...lovely thoughts bring people together in peace rather than separating them in fighting and feuding." Max Anders

Plant a thought, harvest an action.

Plant an action, harvest a habit.

Plant a habit, harvest a character.

Plant a character, harvest a destiny!

Warren Wiersbe

"Take every thought captive to obey Christ." 2 Corinthians 10:5b

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III. **Focus Our Hands** – *"Finally, brothers...whatever is honorable,.. ...whatever is commendable, if there is any excellence, if there is anything worthy of praise think about these things." Philippians 4:8*

Honorable (Semnos)

Commendable (Euphemos): Praiseworthy, well-spoken of, laudable.

Excellence (Aretes): Moral excellency, outstanding goodness in virtue.

Worthy of Praise (Epainou): Worthy of applause, commendation, or recognition.

"I have stored up your word in my heart, that I might not sin against you."

Psalms 119:11

Bringing our lives into focus will never be ONLY a mental thing but will also affect the way we live and how we relate to others.

"The Christian who fills his heart and mind with God's Word will have a 'built-in radar' for detecting wrong thoughts...right thinking is the result of daily meditation on the Word of God." Warren Wiersbe

Main Idea: Our Lives Come into Focus as We Think About the Things of God

Are you struggling to bring your life into focus? Is there an area or two that is especially blurry or dull? It is probably time to re-focus on the things of God!

"Have this mind among yourselves, which is yours in Christ Jesus, who, thought he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross." Philippians 2:5-8

Sources & Further Reading Opportunities:

- CSB Study Bible – Trevin Wax (2017)
- Bible Exposition Commentary – Warren Wiersbe (1996)
- New American Commentary: Philippians – Richard R. Melick (1991)
- Holman NT Commentary: Philippians – Max Anders (1999)
- Word Pictures in the New Testament – A.T. Robertson (1933)
- Tony Evans Study Bible – Tony Evans (2019)
- The Message of Philippians – Alec Motyer (1984)