

BIBLE PLAN

MID-YEAR RESET

DAY FIVE: RENEW YOUR MIND

"Finally, brothers and sisters, 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." **Philippians 4:8 NIV**

Near the close of his letter to the Philippians, Paul gives an important instruction. After all he has told them, he says, *"Finally, do this..."* And what is it he's instructing them to do? To think about specific things: whatever is right, pure, lovely, admirable, excellent, or praiseworthy. Paul knows that our default is not that, but he's encouraging the Philippians to allow God to transform their thoughts to align with His truth.

God designed us so that whatever we continuously think about will become magnified in our lives. That's why the Bible encourages us to *"meditate on the Word day and night"* (Joshua 1:8). **This concept of choosing the right, pure, and lovely thing is countercultural. We are continuously inundated with the negative: the news, social media, most TV shows, and even music. It's all stress-inducing, negative content.** Paul is reminding us there's a better way, a way to guard our hearts and minds, and that we are responsible for what we choose to continue thinking about.

Keeping our hearts and minds pure is so important. The Bible says, "Above all else, guard your heart, for everything you do flows from it" (Proverbs 4:23). That's part of what Paul is stressing in Philippians 4:8.

You see, in Philippians 4:4–7, Paul gives other instructions. He says things like, *"Rejoice in the Lord always," "Let your gentleness be evident to all,"* and *"Do not be anxious about anything."* All of those things sound amazing, but how do we actually live that out? Well, Paul says it's by prayer, by being grateful, by letting God know our needs, and by living in God's peace, which transcends all understanding. These are the things that will guard our hearts and minds.

It's right after all of that that Paul gives his last request: *"Finally, brothers and sisters, think about such things."* **We play an active part in allowing God to transform our thoughts.** We have to decide what we are watching and listening to, what kind of media we are consuming; what friends, family, or coworkers we are allowing to have the loudest voice in our lives; and then decide what thoughts we are allowing ourselves to ruminate on. **Are they right, pure, lovely, admirable, excellent, or praiseworthy? And if not, it's time today to start putting all of these things into practice to allow God to renew your mind.**

REFLECT:

- What things are you thinking about the most right now?
- What are some lies/negative thoughts you've been going back to?
- And what truths can you replace those thoughts with today?

PRAY:

- Ask God to reveal recurring thought patterns He wants you to replace.
- Thank God for three things in your life right now (be specific).
- Ask God to bring to mind passages of Scripture on which you can meditate.
- Pray that God would renew your mind today.

