



# Think On Those Things Which Are True

Philippians 4:6-8  
Chair Bible Page 1351

# Guarding Our Hearts And Minds

The only way we can consistently think on the things in Philippians 4: 8 is if the peace of God is guarding our hearts and minds (Philippians 4: 7).

The only way we can have the peace of God guarding our hearts and minds is if we are not worrying because we have prayed in faith (Philippians 4: 6).

Each individual is responsible for his or her own thoughts and patterns of thinking; we cannot blame others.

# Thinking On What We Perceive

Often we allow our perceptions and our imagination to rule our thinking, rather than the truth.

Relationships are ruined as we act and react based upon what we perceive to be true, rather than what is true.

We too often draw conclusions based on what we surmise to be true, rather than waiting for all the facts to determine what is true (Proverbs 18: 13).

# Thinking On The "If Only's"

Too often we allow our minds to think on the "if only's" of the past, leading to discouragement and bitterness.

The "if only's" of the past are not real and thinking on them keeps us from dealing with the reality of the past Biblically.

Living with regrets as we think on the "if only's" is no way to live (Philippians 3: 13).

Thinking on the "if only's" of the present, wishing things were different, keeps us from dealing with the present reality Biblically.

# Thinking On The "What If's"

We can also be guilty of thinking on the "what if's" of the future, leading to worry and anxiety.

The "what if's" of the future are not real. The only future reality are the promises of God.

A hope is a desire over which I have no control as to whether it comes to reality. A goal is a desire over which I do have at least some control as to whether it comes to reality or not.

Overthinking on our hopes can lead to discouragement and a failure to deal with reality.

Does the peace of God guard your heart and mind because you have prayed in faith ?

With guarded minds in Christ Jesus are you thinking on those things which are true and real ?

Have you allowed perceptions, if only's or what if's to control your thinking, keeping you from dealing with truth and reality Biblically.