

**Series: Focus on Christ (Philippians)**

**Sermon: Getting Unstuck From Negative Patterns**

**Bible Verses: Philippians 4:2-3**

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**My actions and feelings will \_\_\_\_\_ with how I \_\_\_\_\_.**

**We are to "think" about such things - but "think" comes from the Greek word meaning to \_\_\_\_\_.**

- Implies our thinking on these things is \_\_\_\_\_.
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*Reality: If I do not fill my mind with the right thoughts,  
the \_\_\_\_\_ will gladly fill it up with the wrong thoughts.*

**We must THINK on/TAKE AN INVENTORY of/MEDITATE ON things that are:**

**TRUE** - God himself, the \_\_\_\_\_ God (Bible) and the gospel message.

**NOBLE** - Things that are worthy of respecting, or honorable. The \_\_\_\_\_ required by Church leaders.

**RIGHT** - Things that are in harmony with God's \_\_\_\_\_.

**PURE** - Anything not tainted by even a \_\_\_\_\_ sin. It's *pure good*.

**LOVELY** - Anything morally beautiful or actually \_\_\_\_\_.

**ADMIRABLE** - Things that are virtuous. Behavior that receives a \_\_\_\_\_ and a head nod.

**EXCELLENT** - These are the "loftiest" ideals. Things everyone recognizes as "\_\_\_\_\_."

**PRAISEWORTHY** - Whatever \_\_\_\_\_ applause, and is still truly good.

**TAKE IT HOME:**

#1. Rate my satisfaction/joy level and connection to God from 1-10 (10 is best) *Monday morning*, write down *why*. Then, every morning do the \_\_\_\_\_/meditation. It'll take 10-15 minutes. Then pray and read some Scripture, too (start in Matthew if you don't know where else to go). *After \_\_\_\_\_, rate yourself from 1-10 again, write down why. Then pull open your answer from 30 days prior and compare them.*

#2. Use the 30-day talk kinds of words and thoughts and put them \_\_\_\_\_ by speaking this way to them!

**LEARN MORE!**

Philosophy is important because it controls your worldview. You want to think about what you're thinking better? You need this show: <http://truthrevolution.tv/audioarchives/philosophy-matters>

**Growth Group prep (to learn about Growth Groups visit [www.revo.church/growth-groups](http://www.revo.church/growth-groups))**

Growth groups are currently taking a break! But visit our website to learn more about them.

**New groups start on September 3rd!**