

Remember when someone caught you daydreaming and said, “a penny for your thoughts”? Well, what have you been thinking lately? Wisdom warns us, “*For as he thinks in his heart, so is he. ‘Eat and drink’ he says to you, but his heart is not with you*” (Proverbs 23:7, NKJV). We are what we think, more than we think we are. Have you been taking charge of your thoughts (2 Cor. 10:3-5) in the presence of the One who “...searches every heart and understands every motive behind the thoughts,” (1 Chron. 28:9)? He is eager to help us understand His will for our everyday lives. So, let’s talk about those thoughts, our meditations. We are going to meditate on whatever anyway. Paul urges us to “**meditate on whatever is true...noble...just.**” Our meditations will impact the outcomes of our lives. Amen?

Meditate on whatever is

- ***True***

- ***Noble***

- ***Just***

Personal Application and Conversations

1. What are some of your favorite places to go in your thoughts?
2. What have you done to intentionally focus on “*what is true*” with all that’s going on in our country and the world?
3. Meditating on what is noble turns our thoughts toward those who are worthy of respect (1 Tim. 3:8; Titus 2:2). Who in your world is **noble** in this respect? What have you and others seen that prompted such respect?
4. How have your personal meditations on what is **right** been challenged during these days of great social turmoil, racial unrest, rage, and sweeping accusations? What have you been doing with those meditations?



The Fear of the Lord

Meditate on these things

Philippians 4:8

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