

What goes through your mind when someone mentions things like election polls, racial unrest, protests, public disturbances, shortages, rationing, critical race theory, closures, \$ markets, inflation, recession, depression...? Now, go to a beautiful place in your thoughts: family vacations, music that soothes or lifts your spirit, scripture that reminds you of the character and lovingkindness of God. How would you describe the metrics or rhythms of your thought life? Over the past few weeks, we've focused on how we think. Paul's letter to the Philippian church has challenged me to examine my own thought patterns and invite you to do the same. The admonition found in Philippians 4:8 is clear, "**...if anything is excellent or praiseworthy, think about such things.**" So, let's do that.

Comprehensive categories: if anything is...

- ***excellent***

- ***praiseworthy***

A Comprehensive Command

Personal Application and Conversations

1. What are the likely metrics/rhythms of your thoughts when you see or hear about something that you really enjoy?
2. What's your normal pattern of thinking when you hear some distressing news?
3. What have you been learning as we've focused on Phil. 4:8, that has been helping you deal with matters of family, friends, finance, illness, or the future?
4. How does the idea of turning your thoughts to anything that is excellent or praiseworthy impact you when the subject is money, sex, or power?
5. Sometimes we may be tempted to bury our heads in the sand to avoid facing painful relationships. How is that different for you, than God's command to think about whatever is excellent or praiseworthy?



The Metrics of Thought

Philippians 4:8

Pastor John Ploog
October 11, 2020

