

No Stinkin' Thinkin'!

Philippians #19

May 18–19, 2024 // Sermon Study Guide // Pastor Nate Miller, D. Min.

Text: Philippians 4:8–9

Truth Points: What truth was covered this weekend in the message?

1. Read Philippians 4:2–9. What connections do you see between the issues of Euodia and Syntyche and the exhortations in verses 8 and 9? How would these commands have changed the dynamics of their situation?

2. In 4:8, the command is “think about these things.” How does your thought life influence your actions? Read the following passages, what do they indicate about your mind:

Romans 12:2 _____

Ephesians 4:22–23 _____

Mark 7:14–23 _____

3. There are eight things that Paul lays out as a grid of things we ought to think about. How would you define each of them? Give one example for each of them.

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|---------------|----------------|
| • True | • Just |
| • Lovely | • Excellent |
| • Honorable | • Pure |
| • Commendable | • Praiseworthy |

4. The word “think on these things” is the Greek word *logizomai* which indicates a calculating and intentional prolonged focus. What are the things that people most often *logizomai* about? What are the things in your life that are worth giving this kind of focus toward?

5. Read Philippians 4:9. The second command is to “practice these things.” How has Paul shown these things in his life and his teaching? Who in your life models this kind of lifestyle?
6. What is the promise at the end of this passage? Why do you think Paul uses this particular title for God in this passage? How can this be an encouragement to you this week?

Reflection Points: How does God want me to think, feel, act, and speak because of this truth?

1. Am I focused on the right things? What things have I allowed myself to focus on that do not correspond to the list found in Philippians 4:8? What must I do to censor, prune, or trim those things out of my life?
2. What am I allowing to dominate my mind with anxiety or worry? In those moments of worry, how can I fix my mind on the attributes listed in Philippians 4:8?
3. Am I practicing these things? Do I have clearly defined spiritual heroes who are modeling this for me? Who are they? How can I follow their example as they follow Christ?

Action Points: What am I going to do this week because of this truth?

1. **Memorize** Romans 12:1–2.
2. **Read Philippians 4:10–20** for next week.
3. **Clean the Well:** Read Mark 7:14–23 each day. Pray for the Lord’s help in filling your mind with His thoughts and His ways.
4. **Share the Story:** Share with a friend what you’re learning about Jesus in 2024.