

How Do We Practice What We Preach?

Philippians 4:8-9

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Thesis: Wrong thinking and wrong practice will lead me down a path of anxiety and joylessness. But preaching the truth to myself daily will lead me down a path of right practice, peace, and prayerful joy.

1. Right practice begins with right thoughts (vs. 8).

A. Truth is the foundation of it all.

B. The Scriptures become the lens through which I see the world.

C. What does it look like to "think about these things?"

2. Right practice is the overflow of right thinking that leads me back to peace and prayerful joy (vs. 9)

A. Live in the peace of God's presence.

B. Follow the path of practicing what you preach back to prayerful joy.

Application:

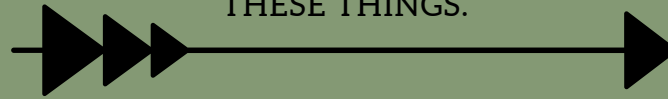
1. How will you "think about these things" this week?

2. Are you practicing what you preach?

PHILIPPIANS 4:8

FINALLY, BROTHERS, WHATEVER IS TRUE, WHATEVER IS HONORABLE, WHATEVER IS JUST, WHATEVER IS PURE, WHATEVER IS LOVELY, WHATEVER IS COMMENDABLE, IF THERE IS ANY EXCELLENCE, IF THERE IS ANYTHING WORTHY OF PRAISE, THINK ABOUT

THESE THINGS.



SCRIPTURE

DEFINITION

APPLICATION

True	Being real; honest; not imaginary or exaggerative	Are my thoughts about the situation true and not imagined or exaggerated? Are they aligned with what I know about the Lord and His sovereignty?
Honorable	Appropriate, befitting behavior and implying dignity and respect	Are my thoughts worthy of respect? Or are they shameful?
Just	Being right or righteous	Are my thoughts aligned with God's righteous standards? Or are they unjust toward others?
Pure	Being without moral defect or blemish and hence pure	Are my thoughts without defect? Are they pure and reverent? Or are they marred with blemish and defect?
Lovely	That which causes people to be pleased with something	Are my thoughts pleasing? Or are they unpleasant?
Commendable	Deserving approval or good reputation	Do my thoughts point to the glory of Christ? Or are they discreditable to the gospel?

These thoughts are excellent thoughts and worthy of praise. We are called to think about and remember these things-- to take every thought captive in obedience to Christ (2 Corinthians 10:5).