

SERMON-BASED STUDY: WE ARE WHAT WE THINK

Philippians 4:8-9, ESV – 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. ⁹ What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

Notes:

- 1.
- 2.
- 3.
- 4.
- 5.

QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time or that caught your attention, challenged, or confused you?

ENGAGE WITH THE MESSAGE

- 1 This week we learned that we are what we think. Do you agree or disagree with this statement? Explain.
- 2 The word that Paul uses for 'think' is more than 'keep in mind'. It is rather 'take into account, reflect upon and then allow these things to shape your conduct.' How does this change your understanding of verse 8?

- 3 In verse 9, Paul clearly states we are to ‘practice these things.’ What is the relationship between what we think about and what we practice (or do)?

DIGGING DEEPER

A **Psalm 139:23-24, ESV** – ²³ Search me, O God, and know my heart! Try me and know my thoughts! ²⁴ And see if there be any grievous way in me, and lead me in the way everlasting!

Psalm 46:10, ESV – ¹⁰ “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”

1 Corinthians 2:10-12, ESV – ¹⁰ these things God has revealed to us through the Spirit. For the Spirit searches everything, even the depths of God. ¹¹ For who knows a person’s thoughts except the spirit of that person, which is in him? So also no one comprehends the thoughts of God except the Spirit of God. ¹² Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God.

- 4 Looking at the passages above, how can a person remove ‘bad’ thoughts and replace them with ‘good’ thoughts?

- 5 Why is being still and silent such an important aspect of changing the way we think? Why is this so difficult to do?

- 6 What role does the Holy Spirit play in changing our thinking?

B **James 1:22-25, ESV** – ²² But be doers of the word, and not hearers only, deceiving yourselves. ²³ For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. ²⁴ For he looks at himself and goes away and at once forgets what he was like. ²⁵ But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.

- 7 Looking at the passage above, how is being a hearer of the Word but not a doer of the Word a form of self-deception?

8 How do our actions change as we hear the Word and think on these things?

9 Looking back at Philippians 4:9 and James 1:25, what promise is there for those who do what they have learned?

TAKING IT HOME

Today's message reminds us that our actions and conduct are directly related to our thoughts and what we allow into our minds. How are you doing in this area? Are there things that you allow into your mind that are not good? Are there things that you need to think on more? What is God showing you today, in regards to your thinking? How can you be better at thinking about things above and less about things of the world? Share with your group or accountability partner what God has been showing you. Pray for one another as you seek to think about things above and less about things of the world. Spend time this week focusing on the truth of God through spiritual practices.

PRAISES AND PRAYER REQUEST

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FOR FURTHER STUDY

Romans 12:1-2
2 Corinthians 10:3-5
Colossians 3:1-3