



# The **New**CREEations Podcast

## Think On These Things - Episode 26

In episode 24 of the podcast we explained the worry cycle and how easy it is to get stuck there. Our brains aren't built to be empty so we can't not think about something.

Jesus told us that doesn't work. If we don't fill our house, meaning in this case our brains, with better thoughts, then those negative demonic thoughts and lies will just come racing back in worse than before.

So once we pass our worries along to God because they're above our pay grade we need to put our focus back on things that are in our area of responsibility.

Fortunately we don't have to guess what those things are. Paul told us what we should be thinking about.

### Meditate on These Things

Here's what Paul says in verses 8 and 9 of Philippians chapter 4:

*Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy — meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.*

Let's take a closer look at all those things Paul told us to think about because if you can get your focus on these things instead of all the stuff you've been worrying about it's going to change your life in amazing ways!

### Whatever Things are True

Paul starts by saying, "whatever things are true."

Listen to how the word true is defined. It means: *In line with what actually is - a true story; real, genuine, authentic - true feelings; sincere, firm in allegiance, loyal, faithful, steadfast - a true friend; being or reflecting the essential or genuine character of something - the true meaning of his statement.*

So many times when we speculate, we are thinking about things that are simply not true. In reality most of the time we don't have all the information about a situation.



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Remember our brains don't do well being empty. So because we don't have all the information our brains naturally try to fill in the gaps with something, anything. What we fill in the gaps with might make perfect sense and be entirely reasonable.

But in reality we don't know what we don't know. That means much of the time the parts we "fill in" are total fabrications that have no connection to what is really going on.

When we do that we are sucking into lies.

Which kingdom is full of lies? Certainly not God's.

## **Whatever Things are Noble**

Next Paul says, "whatever things are noble."

Noble means to be of an exalted moral or mental character or excellence - as in a noble thought. Synonyms for the word noble are lofty, elevated, high-minded, principled; magnanimous; honorable, estimable, worthy, meritorious. Antonyms are ignoble, base; vulgar, common.

How much of what we spend our mental energy is vulgar or common? I think about most of the comedians I know these days. Or movies. The vulgarity we routinely expose our minds to today would shock folks from just a few generations ago.

Instead we should pay attention to honorable things that are worthy of spending time thinking about.

## **Whatever Things are Just**

The word just means upright, righteous, virtuous, keeping the commands of God, innocent, faultless, guiltless, used of him whose way of thinking, feeling, and acting is wholly conformed to the will of God, and who therefore needs no rectification in the heart or life (i.e. Jesus), approved of or acceptable of God.

So much in our culture seems to be turning things upside down when it comes to justice. Today huge portions of our culture are calling evil good, and claiming that good things are really evil. Justice is being perverted in many areas of our society at the moment.

Yet we turn things upside down ourselves in the area of justice when we condemn ourselves and worry about our future. The truth is that we are approved of and acceptable by God. Whenever we worry and lose sight of that we are losing sight of what is just.

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Instead of condemning ourselves we should align our thinking with what the scriptures say. For example we are the righteousness of Christ.

The Bible says it this way:

*For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him. — 2 Corinthians 5:21*

Paul says that's the sort of thing we should be thinking about. What makes us righteous is the fact that we're in Christ. Meditating on that truth is thinking about something that's just.

If we find ourselves thinking that we're not righteous because of our behavior then we've drifted away from God's view of justice. And my friends, that kind of thinking is a colossal waste of time and effort.

Speaking of time, that's all the time I have for today. Next time we'll look at some more of the things Paul told us we should be thinking about. Until then, enjoy!