

Title	Think... do
Text	Philippians 4:8-9
Date	14 March 2021



The questions below are designed to be used by OCC LIFEGroups as they meet during the week following the Sunday morning message. The intent is not for groups to answer every question, but for leaders to use the questions as a guide as they tailor the discussion to the unique needs of their group.

The Sunday message and these questions can be found each week at occweb.org/sermons.

OVERVIEW

Paul continues to remind the church in Philippi of how to live as God's people, in these verses (4:8-9), he highlights what we are to think about.

TEXT

V	NIV	The Message	Good News Translation
8	Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9	Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.	In conclusion, my friends, fill your minds with those things that are good and that deserve praise: things that are true, noble, right, pure, lovely, and honorable.
9	Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.		Put into practice what you learned and received from me, both from my words and from my actions. And the God who gives us peace will be with you.

▪ REFLECTION QUESTIONS.

CONNECT WITH YOUR GROUP

- Experts estimate that we think as many as 70,000 thoughts each day – that’s approximately 50 thoughts per minute! How many of today’s thoughts can you remember? Just kidding!

Looking at the Text

Read **Philippians 4:1-9**

- Are there words, phrases or ideas that pastor Mike used that you didn’t understand?
- What is one thing that stuck out to you from the message?
- Pastor Mike suggested that we need to think
 - Carefully – Righteously – Actively
 - What does this look like in your life? Where are you strong? Where are you learning/growing?
- The word meditate, for some, raises alarm with its connections to Eastern mysticism. However, it is a very biblical word (both here in Philippians and in the Psalms as just two examples).
 - What are some of the ways we can meditate on Scripture? Here are a few to reflect on:
 - focus your attention on it, comprehend it, remember and memorize it, apply it to your life.
- Take a few moments to reflect on the things in your life that are true, noble, right (just), pure, lovely, admirable, excellent and praiseworthy.
 - What are some of those things?
 - Why should we think on these things?
 - How do our thoughts shape our actions—that is, how is how we live based on what we think?
- When you consider an active thought life, what comes to mind? Here are some areas to reflect on:
 - the ability to think deeply;
 - the yearning to think compassionately and lovingly;
 - the desire to think reasonably and rightly;
 - and the thirst to think ethically and biblically.
- Some people can dazzle with facts, but don’t have the depth of thought.
 - Why is it important for Christians to have depth, and not “check their brains at the door”?
- Pastor Mike ended by suggesting that we need to:
 - Evaluate – Punctuate – Meditate
 - What does this look like in your life? Where are you strong? Where are you learning/growing?

PRAY WITH EACH OTHER

Pray something like this: Lord, instead of living by “what if”, cause me to live by “what is”. Help me to stop worrying about what might happen, and start resting in what You say is true.

THIS WEEK

Read the letter/book of Philippians – it’s only 4 chapters.

- **Connect Up:** How does your thought life influence your relationship with the Lord? What does it mean to take every thought captive, making it obedient to Christ? (2 Corinthians 10:5). Here are some aspects to reflect on:
 - Take responsibility for your thought life
 - Think; don’t just react or blindly respond
 - Confess unbiblical thoughts
 - Focus on what’s important (faith, family, friends, and the truths given by God).
- **Connect In:** Earlier in Philippians, Paul challenged the church to have a humble mind and heart, esteeming others better than themselves (see Philippians 2:3). Why is it important to incorporate a humble mind with others, particularly within the church? How would you define a humble person? Here are some aspects to reflect on:
 - Others-centered
 - Conscientious of needs around them
 - Yearn to bring joy and love
 - Servant-leaders
 - Have strong, Christ-centered relationships
- **Connect Out:** When sharing the gospel, why is a humble but knowledgeable mindset important? Who is a better witness, a know-it-all or a thoughtful and inviting person? Why?