

PHILIPPIANS 4:8

Whatever is true...

John 8:44; 8:32

“True” – what is **valid**, reliable, honest; the very opposite of false; dominated by the idea of what is **real**.

Think on whatever is true or real is the same as do **not** think on what is **not** true or **not** real.

Thinking about God

Inaccurate or **unbiblical** thoughts of God can block God’s power in your life and rob you of the very **peace** God intends.

Genesis 1:1; Deuteronomy 6:4; 1 Timothy 2:5-6;

John 14:6; Heb. 4:13; Matthew 6:31-41; 1 John 1:9

Any time my feeling and thoughts run counter to what **Scripture** says, I need to stop and ask “What is true?” The answer is always the same: The **Bible** is true, not my thoughts and feelings.

Thinking about ourselves

When we view ourselves through the lens of God’s Word, we can replace those **self-defeating** thought patterns with statements about God’s love for us and our worth in His eyes.

Psalm 139:14; 2 Timothy 1:9; 1 Corinthians 12:7;

Romans 8:35; John 1:12; Ephesians 2:10; 1 Corinthians 6:20, 1 Peter 1:19

Your **value and worth** is not up for grabs. By thinking on what is true, you keep yourself from being robbed for the very **peace** God intends.

Thinking about relationships

Second guessing what people say and do is negative thinking that damages relationships.

*1 Corinthians 13 – Principle of **Face Value***

*Matthew 18:15 – Principle of **Confrontation***

Thinking about the future – “What if....?”

“What if” questions are **guesses** at best and as such they are not real.

- Nothing will ever happen to you that is a **mistake**.
Psalm 139:4, 16
- Nothing will ever happen to you that you cannot **handle** by God’s power and grace.
2 Corinthians 12:9-10
- Nothing will ever happen to you that will not eventually be used by God for some **good** purpose in your life.
Romans 8:28-29
- Nothing will ever happen to you apart from God’s **presence**.
Matthew 28:20

Thinking about the past – “If only...”

“If only” statements are **counterproductive**.

Don’t address what is **real**

Breed **remorse**

Either you look at the past to **learn** from it and move forward in what is real today or you stay **trapped** by regret in what is not real.

Every one of those thoughts that focuses on what is not true robs us of the peace that God intends.

**We will think on what we train ourselves to think.
The choice is up to you.**