

DEEPER INSIGHT

Key Aspects of "Think on These Things" (Philippians 4:8)

- **Whatever is True:** Focus on God's truth rather than lies, fear, or worldly illusions.
- **Whatever is Honorable/Noble:** Prioritize things that are respectable and worthy of honor.
- **Whatever is Right/Just:** Focus on righteousness and what is morally upright.
- **Whatever is Pure:** Dwell on things that are undefiled, holy, and clean.
- **Whatever is Lovely:** Meditate on things that are beautiful and pleasing to God.
- **Whatever is of Good Report/Commendable:** Focus on positive, inspiring, and admirable things.
- **Virtue and Praise:** Contemplate actions that show excellence or are worthy of praise.

Ideas to move from being controlled by circumstances to having a mind that is disciplined and obedient to Christ.

- **Check your thoughts:** When stressed or tempted, examine what you are thinking about. What is the source?
- **Memorize Scripture:** Use the Word of God as the primary filter to replace negative thoughts.
- **Guard the Gates:** Filter what you consume through your eyes and ears (media, music, conversation) to influence your thoughts.
- **Get help if you need it.** You may need to talk to someone to help guide you into this different way of thinking and feeling. Take the help.

Cornerstone Church

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Thoughts, Emotions and Jesus

A Testimony by Dr. Fred Soto

I. Introduction

We live in an atmosphere of anxiety. It's a shift from stability to deep uncertainty, often sparked by war, pandemics, technological shifts, and economic instability. Unchecked, thoughts and the emotions they create, can influence every aspect of our lives.

2. What did Jesus say in his word?

In John 14:1, Jesus was speaking to His disciples the night before He was crucified. He had just told them He was going away. He was about to be arrested, beaten, and killed—and they were about to go through the worst few days of their lives.

Yet the very first thing He told them was, "Let not, your heart be troubled." *KJV* or "Do not let your heart be troubled; believe in God, believe also in Me." *NIV*

3. How is "Let not your heart be troubled" possible?

According to 2 Corinthians 5:17, "If any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."

4. And we have the Holy Spirit to help us.

The Holy Spirit helps us to manage emotions by producing "fruit" to transform negative emotions from the inside out. The Holy Spirit provides inner comfort, guides believers toward truth rather than raw feeling, and aids in exercising self-control over erratic emotions. This helps believers to align their emotional state with God's peace.

Galatians 5:22–23 says, "The fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law."

5. Think on these things.

Philippians 4:8 instructs believers to focus their minds on 8 virtues; truth, honor, justice, purity, loveliness, commendability, excellence, and praiseworthiness—to cultivate peace, manage thoughts, and align with God's will rather than negative influences.

6. Capture your thoughts.

Bringing every thought into captivity to the obedience of Christ" (2 Corinthians 10:5) means actively managing mental activity by filtering thoughts through biblical truth. It involves rejecting sinful, fearful, or false ideas and replacing them with God's word, ensuring thoughts align with Christian, godly principles.

7. Philippians 4:6-7 says Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Closing Comments.

Jesus said: "Let not your heart be troubled."

If you have faith—if you believe what the Word says about you—you can overcome negative emotions and replace them with God's truth.

If the Spirit of Christ is living in you—and if you're born again, He is—then it's time to stop letting your soul dictate your life.

It's time to let God's spirit - within you - take the lead.

"It is no secret what God can do, what HE'S done for others, HE can for you." Hymn by Jim Reeves

Passage of Study John 14 Verses

1 "Do not let your hearts be troubled. You believe in God believe also in me."

2 My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you.

26 But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

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