

BIG IDEA: YOU MUST STAND FIRM BY *THINKING* (v.8)

PHILIPPIANS 4:8 “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.*”

- **WATSON:** “Grace breeds delight in God, and delight breeds meditation.”

The Christian life is one of *THINKING!*

- **Part of the great commandment is this:** “You shall love the Lord your God...with all your mind.” (**Matthew 22:37**)
- **1 Corinthians 14:20** “Brothers, do not be children in your thinking. Be infants in evil, but in your thinking be mature.”
- **Philippians 4:7** “And the peace of God, which surpasses all understanding, will guard your *hearts* and your *minds* in Christ Jesus.”
- **Romans 12:2** “Do not be conformed to this world, but be transformed by the renewal of your mind...”
- **Q.** Do you think? Parents, do you help your children learn how to think? **You may say,** “Well, I am not a great thinker...” **I would say,** “yet.”
- **Slow down your life by whatever means necessary** so you can lock yourself away and think. You must think!
- **Oh how many foolish decisions are made and silly anxieties indulged in** simply because saints do not think! (**CHILDREN**)

The Christian life is not only one of *THINKING* in general— your life must be filled with *MEDITATING* upon the truths revealed in God’s Word!

- **Genesis 24:63** “And Isaac went out to **meditate** in the field toward evening.”
- **Joshua 1:8** “This Book of the Law shall not depart from your mouth, but you shall **meditate** on it day and night.”
- **Psalms 1:1** “1 Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; 2 but his delight is in the law of the Lord, and on his law he meditates day and night. 3 He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.”
- **Eight times in Psalm 119 David says He “meditates” on the Word of God!** He says it more in one chapter than many professed Christians have done their entire life!
- **Psalms 119:97-99** “97 Oh how I love your law! It is my meditation all the day. 98 Your commandment makes me wiser than my enemies, for it is ever with me. 99 I have more understanding than all my teachers, for your testimonies are my meditation.”
- **THOMAS WATSON in his little book titled *A Christian on The Mount, A Treatise Concerning Meditation*, details what it is to meditate on the truths of God’s Word:** “Meditation is the soul’s retiring of itself, that by a serious and solemn thinking upon God, the heart may be raised up to heavenly affections.” (**CHILDREN**)

I) You must meditate on whatever is *TRUE* (factual, legal evidence)

- **Meditate on the Scriptures which are the very words of God carried from heaven**—Jesus says, “Your word is TRUTH!” (John 17:17)
- **Meditate also on the One who calls himself, “The way, the TRUTH, and the life”** the Lord Jesus Christ! (**John 14:6**)

II) You must meditate on whatever is *HONORABLE* (revered, venerable, dignified, respectable)

- **Q.** Who or what is more honorable than the immortally invisible King of the ages?
- **Meditate on God Himself of whom Paul says,** “To the King of the ages, immortal, invisible, the only God, be *HONOR* and glory forever and ever. Amen.” (**1 Timothy 1:17**)

III) You must meditate on whatever is *JUST* (righteous, holy, Phil 1:7 “it is ‘right’ for me to think this way)

- **Q.** What is more righteous on the earth than the righteous commands of God in His Word?
- **Meditate on the *RIGHTEOUS* commands of God,** which are not a burden but rather wings which carry you on the path of obedience!
- **SIN:** Then realize how unrighteous you are on your own because you have not lived up to His commands; indeed before you were in Christ you did *NOTHING* but sin. “There is no distinction; for all have sinned and fall short of the glory of God.” (**Romans 3:23**)
- **Meditate also on your Redeemer whom the Apostle John calls** “Jesus Christ the *RIGHTEOUS!*” (**1 John 2**)
- Think also about the fact that this Righteous One **has now given you His righteousness if you are united to Him by faith!**

IV) You must meditate on whatever is *PURE* (clean, innocent)

- **Q.** What is more pure than the sinless God-Man? **Q.** What is more innocent than the Lamb without blemish who opened not His mouth?
- **2 Corinthians 5:21** “For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.”
- **Q.** And, beloved, what is more clean than someone who has had their scarlet sins washed whiter than snow?
- **Isaiah 1:18** “Come now, let us reason together, says the Lord: though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool.” (**CHILDREN**)

V) You must meditate on whatever is *LOVELY* (acceptable, pleasing)

- **Q.** Who is more lovely than Christ Jesus? **A.** He is the One of surpassing worth who makes all else look like trash! (Phil 3)
- **A Christian is one who, like Song of Solomon 3:4, has** “found him whom my soul loves.”
- **Q.** And are there any treasures as lovely as the promises of the gospel to you who believe?
- **Jesus gives you a crown filled with jewels & each jewel is a promise He bought with His blood. No treasure is so great as Him & His promises!**

VI) You must meditate on whatever is *COMMENDABLE* (well spoken of, of good report, good-fame)

- **Q.** Is anyone or anything more commendable than Jesus Christ who lived without sin? Who died for sinners? Who conquered death? Who is the crowned King in heaven working all things according to the counsel of His will?
- **Psalms 72:17** “May his name endure forever, his *FAME* continue as long as the sun! May people be blessed in him, all nations call him blessed!”

VII) You must meditate on any *EXCELLENCE* (*moral excellence*)

- **Think of this verse. 1 Peter 2:9** “But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the *EXCELLENCIES* of him who called you out of darkness into his marvelous light.”

VIII) You must meditate on anything is *PRAISEWORTHY* (*worth that leads you to praise*)

- **Think about the worship of heaven that we read of in Revelation 5:9-12** “9 “Worthy are you. . . for you were slain, and by your blood you ransomed people for God from every tribe and language and people and nation, 10 and you have made them a kingdom and priests to our God, and they shall reign on the earth.” . . . 12 “Worthy is the Lamb who was slain, to receive power and wealth and wisdom and might and honor and glory and blessing!”
- **Q. Are you a stranger to this happy duty? A.** Perhaps that is why you are not happier than you are.
- **Studying the Word of God is the tasting of the food,** meditation is like the chewing and swallowing. **Q.** Do you taste only?
- **Reading or Hearing the Word of God is the planting of seeds,** meditation is watering. **Q.** Do you plant only? (*CHILDREN*)
- **Be a stranger to holy meditation no more.** Your Lord Jesus Christ commands you through Paul, “Think! Think on these things.” Indeed you must! **For this is one of the ways you will stand firm together with the Saints!**