

Calm Amidst Chaos - Part 5

Think About What You Think About

... whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about such things... (Philippians 4)

Think about things that are:

True

Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free." (John 8: 31b-32)

Honorable

But an honorable person plans honorable things and stands up for what is honorable. (Isaiah 32:8)

Innocent

I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more. (Isaiah 43:25)

Nice

For since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse. (Romans 1:20)

Kind

Whoever pursues righteousness and kindness will find life, righteousness, and honor. (Proverbs 21:21)

Devotional/Discussion Guide

- Begin with prayer. If you are in a group, this is important and if you are by yourself, it is equally important. Ask God to guide your time.
- Read or re-read Philippians 4:4-9. These are verses that Max Lucado's book, Anxious for Nothing, and our now-ending sermon series are based on. In fact, read them daily. And, after the series is over, keep going back to them to stay on track with being calm in a chaotic world.
- Think about what you think about? Most of the time, are you a negative or positive thinker? Why? In your view, what has most influenced to be this way?

- Flip over to the other side and read Paul's words at the top of the page. Think about them for awhile and then answer the questions below:
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- What are the "true" things that you do or could think about?
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- What are the "honorable" things that you do or could think about?
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- What are the "pure" (innocent) things that you do or could think about?
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- What are the "pleasing" (nice) things that you do or could think about?
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- What are the "kind" (admirable) things that you do or could think about?
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- Why do think this is so important? Or do you think it matters? Think of people in your life who might be good examples of both types of thinking. What were they like? Why were they that way?
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- Can you think of someone who faced a lot of problems but always saw "the glass half full" as opposed to "half empty?"
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- Do you think that proper thinking can help us deal with a chaotic world? Why or why not?
- Close your time with prayer. Pray not only for yourselves but for the needs of your group, family, this church and school as well please.