

Philippians 4:8-9 Sermon notes

Philippians 4:8-9 - 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 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.

Philippians 4:8-9 shifts the focus from achieving the "peace of God" (vv. 4-7) to experiencing the "God of peace" (vv. 8-9) through right thinking and right living.

Introduction

- Be saved (Justification) does not mean that automatically every thought you have is totally controlled by God.
- There is still a process of sanctification that takes place in which YOU participate.
- We are SEEN as SAVED, but are NOT YET GLORIFIED.
- Therefore, we HAVE to WILLFULLY and CONSCIOUSLY take control of our thoughts...
- Sermon Illustration

Personal struggles

Context verses from last week:

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

Philippians 4:8 - 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.

“think about such things”

Paul provides a filter for our thought life, commanding believers to "dwell" or "think" (Greek: *logizomai*—to give careful scrutiny) on specific virtues.

Logizesthe (λογίζεσθε): Root of the English word "**logic**". It means to "compute," "calculate," or "take into account". This is a command (present imperative) for **habitual mental discipline**—it isn't just about fleeting thoughts, but about carefully weighing and evaluating your life through these filters.

- **Divided Mind (Merimna) vs. Calculated Logic (Logizomai):** The Greek word for anxiety (*merimna*) literally means a "divided mind" or being "pulled in opposite directions". Paul's command to "think" (*logizomai*) is the antidote: a deliberate, logical calculation of what is good to "fix" the mind in one direction.
- **Rumination vs. Replacement:** Modern anxiety often manifests as **rumination**—constantly rethinking a problem. Paul suggests that **replacement is more effective than restraint**; you cannot simply "stop" a negative thought, but you can replace it with a virtuous one.

· **Proverbs 4:23** – “Guard your heart, for everything you do flows from it.”

“whatever is true”

- **True:** That which conforms to reality and God's Word.
- **True (Alēthē - ἀληθῆ):** Literally "unconcealed" or "what cannot be hidden". It refers to what is real and actual, specifically that which agrees with God's Word.

Rooted in God's reality, not feelings or cultural lies.

John 17:17 – “Your word is truth.”

John 8:32 – “The truth will set you free.”

“What we rehearse mentally shapes what we believe emotionally.”

“whatever is noble (honorable)”

· Honorable/Noble (Semna - σεμνά): Derived from a word meaning to "revere" or "worship". It describes things that have dignity and majesty, lifting the mind above "the world's dirt and scandal". Things worthy of respect and dignified maturity.

- II Cor 8:21 - For we are taking pains to do what is right, not only in the eyes of the Lord but also in the eyes of man.
- Titus 2:2 - Teach the older men to be temperate, worthy of respect, self-controlled, and sound in faith, in love and in endurance.

"whatever is right"

- Right/Just (Dikaia - δικαία): Refers to being upright or righteous in the eyes of God. It means your thoughts should be in perfect harmony with God's standards and commands.
- **Deuteronomy 16:20** - Follow justice and justice alone, so that you may live and possess the land the Lord your God is giving you.
- **Micah 6:8** - He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.
- **Psalms 89:14** - Righteousness and justice are the foundation of your throne.

"whatever is pure"

- Pure (Hagna - ἁγνά): Originally referred to a state of ceremonial cleanliness prepared for worship. It implies being morally blameless and free from the "defilement" of sin. Free from moral compromise.
- I Thessalonians 5:22 - Reject every kind of evil.
- James 3:17 - But the wisdom that comes from heaven is first of all pure.
- Matthew 5:8 – "Blessed are the pure in heart..."
- Job 31:1 - I made a covenant with my eyes not to look lustfully at a young woman.

“whatever is lovely”

· Lovely (Prophilē - προσφιλή): A compound of pros ("toward") and phileo ("love"). It refers to things that are beautiful and love-inspiring.

- I Corinthians 13:4-7 - Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres.

“whatever is admirable”

Commendable/Admirable (Euphēma - εὐφημα): Literally "well-spoken of". It refers to things of good repute that are pleasant to be heard and unlikely to offend. Worth speaking about and celebrating.

Proverbs 16:24 - Gracious words are a honeycomb, sweet to the soul and healing to the bones.

“if anything is excellent or praiseworthy”

- Excellent (Aretē - ἀρετή): A general term for moral excellence or "ethical energy" in action. It is the "summation" of the virtues mentioned.
- Praiseworthy (Epainos - ἔπαινος): Means "fitting praise" or "accurate acknowledgment". It refers to anything that deserves commendation from God and men.
 - Romans 12:2 - Do not conform to the pattern of this world, but be transformed by the renewing of your mind.
 - II Corinthians 10:5 - Take captive every thought to make it obedient to Christ.

Key Insights:

- *Think intentionally, not passively.*
- *Your mind is a battlefield. Whatever occupies it will eventually control you.*

Application Questions from Philippians 4:8

- What thoughts do I most often return to when I am tired, anxious, or alone?

- Are my thoughts feeding fear or fueling faith?
- If my thought life were visible, would it reflect trust in God or control by worry?
- What thought has dominated your mind over the last 24 hours? If it were a seed, what kind of fruit would it produce in your life?
- What lie has been louder than God's truth in my life lately?

Philippians 4:9 - 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.

"Whatever you have learned or received or heard from me, or seen in me—put it into practice."

Paul's Model

- Learned
- Received
- Heard
- Seen

James 1:22 – "Be doers of the word, and not hearers only."

1 Corinthians 11:1 – "Imitate me, as I imitate Christ."

Peace does not come from **knowing truth alone**, but from **living it**.

Christian maturity is not information accumulation—it is obedience application.

"The God of Peace Will Be With You"

- Verse 7: *the peace of God*
- Verse 9: *the God of peace*

Peace is not just a feeling—it is **a presence**.

Isaiah 26:3 – "You keep him in perfect peace whose mind is stayed on you."

John 14:27 – "My peace I give to you..."

Application Questions for Philippians 4:9

- Instead of just trying *not* to think about a worry, what specific "True" or "Lovely" thing will you replace it with today?
- If someone followed my example this week, would they move closer to Christ?
- If a child or a new believer were to imitate your thought life and private habits for one week, where would they end up spiritually?
- Does your current media consumption (TV, social media, music) draw your heart closer to God or fill your mind with "garbage"?

Transition of Philippians 4:6-9

When we transition from simply praying about the *cause* of our anxiety (v. 6) to actively disciplining our *thoughts* (v. 8), we move from experiencing the **peace of God** (v. 7) to enjoying the company of the **God of peace** (v. 9).

Key Quotes for Reflection

"A mind is its own place, and in itself can make a heaven of hell, or a hell of heaven." — **John Milton** (*Paradise Lost*)

"What we allow to shape our thinking will ultimately shape our living."

"Peace is not found by managing circumstances, but by surrendering control."

"God's peace is not the absence of trouble—it is the presence of God."

"Right thinking leads to right living, and right living leads to deep peace."

Closing Lines

**The peace you're longing for isn't waiting on better circumstances—
it's waiting on surrendered thoughts and obedient steps.**

Peace does not come when the thoughts stop.

Peace comes when truth starts speaking louder.