Sunday, July 18, 2021 | Philippians 4:8
David H. McKinley

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Sow a thought, reap a deed;
Sow a deed, reap a habit;
Sow a habit, reap a character;
Sow a character, reap a destiny.

"The ideas and images in men's minds are the invisible powers that constantly govern them." —Jonathan Edwards

"Most people are oblivious to their habitual ways of thinking… most thinking is more like background noise while you engage in other activities. Yet behind everything you do is a thought, and each individual thought contributes to your overall character. How well your mind works dictates how much joy you experience, how successful you feel, and how well you interact with other people. No area of your life is untouched by your thoughts. Your habitual thinking patterns either encourage you toward excellence or nudge you into weakness." —Tommy Newberry

[4]Rejoice in the Lord always; again I will say, rejoice. [5]Let your reasonableness be known to everyone. The Lord is at hand; [6]do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. [7]And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. [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.
—Philippians 4:4-8

"The character of your thoughts will determine the quality of your life."

1. Tackle _____ Thoughts

"Anxiety is a pervasive, inner feeling of nervousness, unrest or uneasiness that consumes our thoughts and lasts for an extended period of time."

"Anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained." —Arthur Somer Roche

"Anxiety in the heart of man causes depression, but a good word makes it glad." —Proverbs 12:25 NKJV

- Fear of Want
- Fear of Rejection
- Fear of Suffering
- Fear of Failure
- Fear of Death

Notes:

2. Test _____ Thoughts

"The human mind will always set itself on something and Paul wished to be quite sure that the Philippians would set their minds on the right things. This is something of the utmost importance, because it is a law of life that, if a man thinks of something often enough, he will come to the stage when he cannot stop thinking about it. His thoughts will be quite literally in a groove out of which he cannot jerk them. It is, therefore, of the first importance that a man should set his thoughts upon the fine things and here Paul makes a list of them."
—William Barclay

- **The _____ Test—True?**

"Most of our emotional struggles, relational difficulties and spiritual setbacks are caused by lies that we tell ourselves and we believe… The longer a lie is repeated and perpetuated in our minds, the more convinced we are of its truth... Thoughts produce after their own kind: lies produce death; truth produces life." —Dr. Chris Thurman

- **The _____ Test—Honorable?**
- **The _____ Test—Just?**
- **The _____ Test—Pure?**
- **The _____ Test—Lovely?**
- **The _____ Test—Commendable?**
- **The _____ Tests—Anything Excellent,Worthy of Praise?**

"Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality."
—Earl Nightingale

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