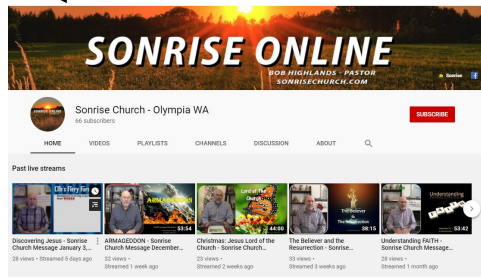


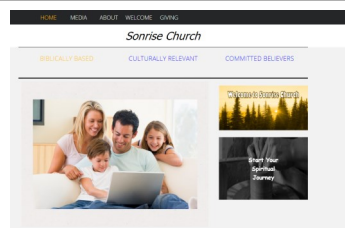
Christian Meditation  
Is learning to like

Finally, brothers,  
whatever is **true**,  
whatever is **noble**,  
whatever is **right**,  
whatever is **pure**,  
whatever is **lovely**,  
whatever is **admirable**—  
if anything is **excellent** or **praiseworthy**—  
\_\_\_\_\_ such things. Phil. 4.8



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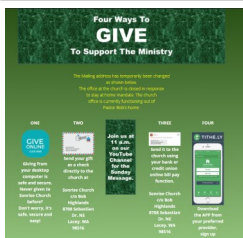


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Where Your Focus Is Your Mind Will Follow  
Philippians 4.8

Pick What You Ponder

- ◆ “Be careful what you \_\_\_\_\_, because your \_\_\_\_\_, run your life” Proverbs 4.23 NCV
- ◆ Negative Thoughts Like Worry, stress, anxiety, fear all have real and lasting \_\_\_\_\_, .
- ◆ Those Unsolvable, unlovable, negative thoughts must not be allowed to \_\_\_\_\_, into your mind.

Where Your Focus Is Your Mind Will Follow

- ◆ think about such things.
- ◆ Think is from the Greek word ‘logizomai’ which just means to CONSIDER or \_\_\_\_\_, PONDER, DELIBERATE, REFLECT, MEDITATE, THINK ABOUT.... To Mentally process clearly.
- ◆ Yet this does not give us our \_\_\_\_\_ it merely make us responsible for our thoughts.

**Think About What You Think About**

- ◆ ‘Think’ comes from a root word \_\_\_\_\_ for ‘word.’
- ◆ In the beginning was the Word ( \_\_\_\_\_ ), and the Word ( \_\_\_\_\_ ) was with God, and the Word ( \_\_\_\_\_ ) was God. <sup>John 1.1</sup>
- ◆ So we are to make \_\_\_\_\_ our thoughts are
- ◆ \_\_\_\_\_ APPROVED - “combining Spiritual thoughts with Spiritual words.” <sup>1 Cor. 12.13</sup>
- ◆ \_\_\_\_\_ – How else are we going to let our CHRIST LIKE SPIRIT be in evidence to all?

**I Changed My Thinking, It Changed my Life.**

- ◆ whatever is \_\_\_\_\_ ,
  - ◆ whatever is \_\_\_\_\_ ,
  - ◆ whatever is \_\_\_\_\_ ,
  - ◆ whatever is \_\_\_\_\_ ,
  - ◆ whatever is \_\_\_\_\_ ,
  - ◆ whatever is \_\_\_\_\_
  - ◆ if anything is \_\_\_\_\_
  - ◆ If anything is \_\_\_\_\_
- ⇒ \_\_\_\_\_ about such things.

**You Can’t Live A positive life  
With a Negative mind.**

Our \_\_\_\_\_ should be:

\_\_\_\_\_ not \_\_\_\_\_

\_\_\_\_\_ not \_\_\_\_\_

\_\_\_\_\_ not \_\_\_\_\_

\_\_\_\_\_ not \_\_\_\_\_

**“Be careful what you think about because your thoughts determine the direction of your life.”**

- ◆ “...we take every thought \_\_\_\_\_ to obey Christ.” <sup>2 Corinthians 10.5b</sup>
- ◆ \_\_\_\_\_ your thoughts and trust your heavenly father.
- ◆ The \_\_\_\_\_ comes only to steal and kill and destroy. <sup>John 10.10</sup>
- ◆ \_\_\_\_\_ his lies and change the direction your life is going.

**FOCUS on the Positive**

- ◆ \_\_\_\_\_ is a way to focus your life on God and can be summed up in four words that make it more than just having good positive thoughts.
- ◆ We need to
  - ◇ \_\_\_\_\_ to God
  - ◇ \_\_\_\_\_ your request
  - ◇ \_\_\_\_\_ the positive
  - ◇ \_\_\_\_\_ the truth you learn.
- ◆ \_\_\_\_\_ must be applied to the three W’s of our life:
- ◆ \_\_\_\_\_ : Strengthen me according to Your word. <sup>Ps. 119.28</sup>
- ◆ \_\_\_\_\_ : Exalt the LORD our God And worship at His holy hill, For holy is the LORD our God. <sup>Ps. 99.9</sup>
- ◆ \_\_\_\_\_ : When I consider Your heavens, the work of Your fingers, <sup>Ps. 8.3</sup>