

The Battle of the Mind

Philippians 4:8-9

What things fit the criteria of all 8 categories of what our minds are to dwell on?

What thoughts and words have dwelled in your mind in relation to your spouse in recent days? Which passed the test of Philippians 4.8, which did not?

In difficult times, complaining would neither be honoring to God, nor right, nor lovely. What could you think in situations when you are sinned against or when circumstances are rough?

Arrogant, self-honoring words are not true, nor pure or worthy of praise. God is God; we are, at best, sinners saved by grace and recipients of His blessings. What boastful, self-exalting words do you say? What true, pure things could be said instead?

What lustful thoughts (sex, food, pride, power, wealth, etc.---in non-God-honoring forms) do you allow to reside in your head? What pure, excellent and worthy-of-praise ideas could you put in their place?

Which of your thoughts about other people comply with verse 8, which do not?

Commit your way to practicing the important principles contained in verse 8. Pray for God's strength and discipline to win the battle of the mind.

Periodically review this study. Answer the questions again to measure your progress in this important part of life.
