

True=whatever is real as opposed to whatever is fake, or true as opposed to false

Is it true?—Or is what I'm thinking a lie, a rumor, a suspicion? Am I entertaining facts...or hearsay...or speculation? Am I second-guessing or reading between the lines? And most importantly, is what I'm thinking true to God's character and His Word?

What is REALLY true about the situation and what am I imagining?

What is true of this situation and about myself, from a biblical perspective? (1 Cor 10:13, Gal 5:17, Phil 4:19, James 1:13)

Is what I'm thinking true about God, particularly His Fatherly care for me?

Am I ascribing a sinful motive to someone w/o actually knowing their motive?

Honorable= seriousness; non-frivolous; Proper motives, proper manners, proper morals; worthy of reputation or honor

Think about what is worthy of awe and adoration and respect—the sacred as opposed to the profane; seriousness of purpose; important; opposite of trivial; **Priority check: My greatest danger is letting the urgent things crowd out the important; schedule & plan**

Is it noble?—Is this thought dignified and excellent? Is it my best, highest thought? Or is it shoddy, second-rate, cheap, beneath the dignity that should characterize everything about my life as a Christian...including this thought? Is it sacred, or is it profane? Is it unworthy of me as God's child and of the person it's aimed at? Better yet, does it have the decency and dignity of holiness upon it? Does my thought reflect the knowledge that He is wonderful, kind, loving, wise, and powerful? Does my thought put another person in the best possible light?

What can I do that will give the most honor to the Lord? (1 Cor 10:31, Col 1:10, 1 Thess 5:17, 22, Heb 4:14-16)

Right/Just= things which are right between man and man; observing divine laws; justice; Thinking from God's point of view and doing the right thing, the God-approved thing

Is it just?—Is this a right and righteous thought, lining up with the regulations of God's truth (His will and law)? Is this thought in harmony with God's divine standard of holiness? Is it encouraging me to do what is

right toward my fellow man, to follow through on my duties and responsibilities, to live up to God's Word and His guidelines for my life? Is it just and fair towards others? Does it injure or defraud their reputation?

What is God's perspective on my situation?

What is the right thing for me to do in this situation that would please God?

What is the right way for me to respond to the temptation? (Ps 119:11, Matt 4:4-10)

Pure=holy as being free from admixture of evil or separate from it as in holy; clean things, thoughts, words, and deeds; dwell on morally pure and undefiled things

The most pure thoughts possible are thoughts of God and His Word (Ps 19:8). Examples: Consider what great things He has done. Also Ps 19:7-1; Scripture memorization

Is it pure?—Is what I'm thinking holy, spotless, wholesome, completely without sin? Could this thought be brought into the presence of God?

Does my thought cast doubt on God's goodness or the truth of His promise? Does it elevate my own importance or desire?

What does the Bible say about my situation?

What must I do to keep myself pure in this situation?

What steps should I take to flee from this temptation? (2 Tim 2:22, 1 Pet 3:8-16, 1 John 3:3)

Lovely= acceptable, pleasing, winsome; Adapted to excite love, and to endear him who does such things; that which inspires brotherly (phileo) love; planning or concentration which will bring about a loving act

Is it lovely?—Is this a thought of 100% moral and spiritual beauty, or is it tainted with vileness and evil? Is it gracious? Is it set on that which is kind and forbearing, or is it critical and harmful? Do my thoughts flow from a heart filled with tenderness and affection for the Lord and bring Him pleasure?

What can I do that would be lovely in this situation? Is it attractive?

What lovely thing could the Lord be doing in my life through this very situation?

What opportunities is God giving me to show His character to others? (Rom 8:28-29)

Good report= 1) sounding or speaking well 2) uttering words of good omen, speaking auspiciously well-spoken of, i.e. reputable: attractive; fair speaking; winning and gracious; that which is highly regarded or well thought of in the world at large

Searches for the good rather than the bad in another; opposite of fault-finding; focus on the ground gained, not where they ought to be

Is it of good report?—If someone else were privy to this thought, would that person think it was commendable? Would it speak well of me and of the one thought about? Is this thought worthy of being contemplated, let alone of being verbalized? Is it kind and gracious, high-toned, and directed at the fine, good things in others? Are my thoughts grounded in faith?

What good can I find in the one causing me pain?

How can I follow the example of Christ in this situation as His ambassador? (2Cor 5:20, 1Pet 2:21-23)

Virtue= moral goodness

Give and do my best; don't be spread too thin; Did I do my best? Why not?

Is there any virtue?—Is this vein of thinking filled with all moral excellence? Will it motivate me to live a better life for Christ? Is it commendable even to my own conscience?

What can I do to keep a clear conscience and show myself blameless right now? (2 Cor 1:12, Phil 2:14-16, 3:13-16)

Do my thoughts cause me to be fearful or do they fill my heart with courage and strong commitment to virtuous living?

Praise= worthy of praise

Think on good qualities and actions of God

Is it praiseworthy?—Would this thought merit the praise of others? Of God? If this thought were verbalized, would it pass the test of the Bible's guidelines? Would it meet with God's approval? Would my thoughts bring Him glory?

In this situation, for what can I praise the Lord? (2 Cor 1:3-5, Col 3:16-17, Heb 13:15)

Think=esteem them highly, recommend them heartily, and practice them fervently (Clarke)

Let them be the object of your careful attention and study, so as to practice them. Think what they are; think on the obligation to observe them; think on the influence which they would have on the world around you. (Barnes' notes)

This material has been gathered from the following sources:

Life Management for Busy Women, Elizabeth George, Harvest House Publishers, 2002.

In the Arena of the Mind, John Vandegriff, Ask, Seek, and Knock Publishing, 1992.

Self Confrontation Manual, John C. Broger, Biblical Counseling Foundation, Palm Desert, CA, 1991.

Think About Such Things

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-- think about such things.

Identify a situation which troubles you. Dissect the situation according to Philippians 4:8. ¹

a. What is true? (What is true of this situation and about yourself, from a biblical perspective?)

b. What is noble? (What can you do that will give most honor to the Lord?)

c. What is right? (What is the right way for you to respond to the temptation?)

d. What is pure? (What must you do to keep yourself pure in this situation? What steps should you take to flee from this temptation?)

e. What is lovely? (What lovely thing could the Lord be doing in your life through this very situation? What opportunities is God giving you to show His character to others?)

f. What is admirable? (How can you follow the example of Christ in this situation as His ambassador?)

g. What is excellent? (What can you do to keep a clear conscience and show yourself blameless right now?)

h. What is praiseworthy? (In this situation, for what can you praise the Lord?)

¹ Questions in parenthesis are taken from *Self-Confrontation Manual*, John Broger, (Palm Desert, CA: Biblical Counseling Foundation, 1991), "Think and Do List Explanation", p. 463