

What I Think About Matters  
Philippians 4: 6-8 (NKJV)

<sup>6</sup>Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God

<sup>7</sup>and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

<sup>8</sup>Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

As we pray, we must pray until we get to PEACE. If you don't have peace you're not through praying. The indication that the prayer is done is when you have PEACE.

Turn your worries into prayer

Verse 8: Meditate on these things. Meditate means to ponder; think logical in a detailed manner.

Meditation....

Sometimes we think about things that do not matter

The thing that has you preoccupied

The thing that's continually on your mind

The thing that you're continually contemplating

The thing you're constantly reflecting on

Proverbs 23:7 For as a man thinks in his heart, so is he.

What is Your/My Self Talk???

What do we fill our minds with?

The problem hasn't been without praying. The problem has been without pondering

What we've been thinking about

Think on these things... Whatever...

**Whatever is TRUE**

what is your reality?

fact check yourself

are my thoughts true?

truth comes from God

truth is a person

**Whatever is HONORABLE/NOBLE**

worthy of respect

**Whatever is JUST (Right)**

conforms to justice, law, morality

it cannot contradict truth

**Whatever is PURE**

innocent

guiltless

free from contamination/blemish

**Whatever is LOVELY**

beautiful

have beauty

agreeable

**Whatever is ADMIRABLE**

good report

commendable  
things that speak well of the thinker  
thoughts that are recommended  
thoughts that give confidence in  
thoughts of praise. Do you think the best of others?

We lose the very things we pray for because we ponder on the wrong things. What goes on in your thinking will either hurt or help you.