

LIFE DURING LOCKDOWN #12
“Cleaning Up Your Toxic Thinking”
Philippians 4:8-9

What goes on in that big brain of yours? Some people’s thought-life is a toxic wasteland. Destructive thoughts dominate their minds such as anger, unforgiveness, anxiety, regret, malice, and more. This robs them of peace and joy in their lives. There is a way to clean up your toxic thinking and entertain a much healthier thought life that lends itself to peace and enjoyment of life. Today’s teaching will give us many insights into how we can clean up our toxic thinking and enjoy God’s peace.

#1. OUR THOUGHT-LIFE IS A BATTLEGROUND, vv. 8-9

- A. Our thoughts are distorted because of our fallen nature
- B. Our thoughts are tempted by Satan – he steals, kills & destroys
- C. Nobody has a perfect thought-life
- D. Philippians is a thinking person’s letter, 2:5

#2. OUR THOUGHTS MUST FOCUS ON GODLY PRINCIPLES THAT PRODUCE PEACE, v. 8

- A. Four Cardinal virtues: Justice, self-control, prudence, courage
- B. Paul reinterprets secular virtues through Christ’s teaching
- C. Whatever is true
- D. Whatever is noble
- E. Whatever is right
- F. Whatever is pure
- G. Whatever is lovely
- H. Whatever is admirable
- I. Whatever is excellent
- J. Whatever is praiseworthy
- K. Think (*logizomai*) about these things, Ps 119:15-16, 97

#3. OUR THOUGHTS MUST BE RENEWED IN ORDER TO RECEIVE GOD’S PEACE, Romans 12:1-2

- A. Do not conform to the world
- B. Be transformed by the renewing of your minds
- C. The renewed mind can approve God’s will

#4. OUR THOUGHTS CAN BE TRANSFORMED BY PUTTING OFF THE OLD SELF AND PUTTING ON THE NEW SELF, Ephesians 4:22-24, Col 3:1-10

- A. Put off your old self which is corrupted
- B. Be made new in the attitude of your minds
- C. Put on the new self which is created to be like God

#5. OUR GODLY THOUGHTS MUST PRODUCE GODLY BEHAVIOR TO RECEIVE GOD’S PEACE, v. 9

- A. Whatever you have learned
 - B. Whatever you have received
 - C. Whatever you have heard
 - D. Whatever you have seen in me
 - E. Put these into practice (*prasso*) – we are accountable for what we know
 - F. Our behavior must be consistent with our thinking
 - G. Right thinking leads to right living which leads to God’s peace!
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TODAY’S SCRIPTURE
Philippians 4:8-9

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. ⁹Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Romans 12:1-2: Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. ²Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Ephesians 4:22-24: You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³to be made new in the attitude of your minds; ²⁴and to put on the new self, created to be like God in true righteousness and holiness.

Psalms 119:15-16: I meditate on your precepts and consider your ways. ¹⁶I delight in your decrees; I will not neglect your word.

Psalm 119:97: Oh, how I love your law! I meditate on it all day long.

Colossians 3:1-10: Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. ²Set your minds on things above, not on earthly things. ³For you died, and your life is now hidden with Christ in God. ⁴When Christ, who is your life, appears, then you also will appear with him in glory. ⁵Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. ⁶Because of these, the wrath of God is coming. ⁷You used to walk in these ways, in the life you once lived. ⁸But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. ⁹Do not lie to each other, since you have taken off your old self with its practices ¹⁰and have put on the new self, which is being renewed in knowledge in the image of its Creator.

DISCUSSION QUESTIONS

- #1. Comparing the 1st Century with today's world, how important are virtues in the educational system?
- #2. State your reasons why you agree or disagree that one's thoughts influence their behavior?
- #3. Discuss the following virtues that Paul mentions:
 - A. True
 - B. Noble
 - C. Right
 - D. Pure
 - E. Lovely
 - F. Admirable
 - G. Excellent
 - H. Praiseworthy
- #4. What is significant about the word think (*logizomai*) being written as a command in the present tense?
- #5. Many times we are told to meditate on God's word. How does this tie into the above discussion? (Psalm 119:15-16, 97)

#6. Read Romans 12:1-2. What does it mean to have our thoughts conform to the world?

#7. What does it mean to be transformed by the renewing of our minds? How does the believer do this?

#8. What does it mean to put off the old self and put on the new self? How does the believer do this? (Ephesians 4:22-24, Colossians 3:9-10)

#9. What is the relationship between putting off the old and putting on the new, and being renewed in our minds?

#10. In what way(s) is curing our minds of toxic thinking a discipline that should be part of the believer's life?

#11. What are some practical ways that Christians can practice the discipline of renewing of their minds?

#12. In Philippians 4:7 Paul said we receive the "peace of God." In 4:9 Paul says the "God of peace" will be with you. What is the relationship between these two statements?

#13. What is your takeaway from this teaching?

WORSHIP SONGS

Beautiful One

Verse 1

Wonderful so wonderful is Your unfailing love
Your cross has spoken mercy over me
No eye has seen no ear has heard
No heart could fully know
How glorious how beautiful You are

Chorus

Beautiful One I love You
Beautiful One I adore
Beautiful One my soul must sing

Verse 2

Powerful so powerful Your glory fills the skies
Your mighty works displayed for all to see
The beauty of Your majesty awakes my heart to sing
How marvelous how wonderful You are

Bridge

You opened my eyes to Your wonders anew
You captured my heart with this love
'Cause nothing on earth is as beautiful as You

Bridge

My soul my soul must sing
My soul my soul must sing
My soul my soul must sing
Beautiful One

CCLI Song # 3915912

Awake My Soul

Verse 1

Breathe on me breath of God breathe on me
Breathe on me breath of God breathe on me
I come alive I'm alive when You breathe on me
I come alive I'm alive when You breathe on me

Chorus

Awake awake awake my soul
God resurrect these bones
From death to life for You alone
Awake my soul

Verse 2

Speak to me Word of God speak to me
Speak to me Word of God speak to me
I come alive I'm alive when You speak to me oh
I come alive I'm alive when You speak to me

10,000 Reasons (Bless The Lord)

Chorus

Bless the Lord O my soul O my soul
Worship His holy name
Sing like never before O my soul
I'll worship Your holy name

Verse 1

The sun comes up it's a new day dawning
It's time to sing Your song again
Whatever may pass and whatever lies before me
Let me be singing when the evening comes

Verse 2

You're rich in love and You're slow to anger
Your name is great and Your heart is kind
For all Your goodness I will keep on singing
Ten thousand reasons for my heart to find

Verse 3

And on that day when my strength is failing
The end draws near and my time has come
Still my soul will sing Your praise unending
Ten thousand years and then forevermore

Tag

Worship Your holy name
Lord I'll worship Your holy name

Ending

Sing like never before O my soul
I'll worship Your holy name
Worship Your holy name
Worship Your holy name

CCLI Song # 6016351

Build My Life

Verse 1

Worthy of ev'ry song we could ever sing
Worthy of all the praise we could ever bring
Worthy of ev'ry breath we could ever breathe
We live for You

Verse 2

Jesus the name above ev'ry other name
Jesus the only one who could ever save
Worthy of ev'ry breath we could ever breathe
We live for You
We live for You

Chorus

Holy there is no one like You
There is none beside You
Open up my eyes in wonder and show me who You are
And fill me with Your heart
And lead me in Your love to those around me

Bridge

I will build my life upon Your love
It is a firm foundation
I will put my trust in You alone
And I will not be shaken

CCLI Song # 7070345

ANNOUNCEMENTS

We are in phase one of reopening our church. We are broadcasting our Sunday service from the church with live worship, led by our new worship leader Donald Roberts (DJ). If you would like to come to the facility for the service, you are welcome to do so. We ask that you wear a mask, social distance, if you have any symptoms please stay home. There will be no food or beverages served, and there will be no children's ministry at this time. Everything will still be available on Zoom, so nobody will be left out of the worship experience. If you do come to the church make sure you print the bulletin at home and bring it with you. The words to all the songs will be in the bulletin from now on.

This is phase 1 in opening the church.

Tuesday Bible Study at 6:30: a discussion of the previous sermon.

Wednesday prayer and study at 6:30. (access both by clicking the zoom link)

Now that we are open for church we will not have our Saturday gathering at the park.

Thank you for financially supporting the ministry of Hillcrest Church.

You can give online or mail your check to the church.

- Give to the general fund (our operating expenses)
- Give to the elder's fund (to assist those in financial need)
- Give to the Great Commission fund (for the missionaries of the CMA)

If you need spiritual counseling during these crazy times don't hesitate to contact any of the elders:

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