



Learn Your Bible

Resources to help you learn and understand the Bible

Short Study 058: Good Thinking

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Read Philippians 4:8-9.

Introduction: This Study is more meditative in nature than others in the series. I suggest that you sit in a quiet place, with your Bible open to the passage, a notepad, or a print-out of this PDF, and a pen, and with a spiritual ear open to hear from the Holy Spirit. Now carefully consider each quality in turn and write down **at least** one thing that meets that quality, for example, you might decide (with Shakespeare!) that a sweet-smelling rose is *lovely*, and the unselfish benevolence of a friend was *praiseworthy*. Don't rush, and don't move on to the next quality until you have properly considered the last one.

Here is a list of the qualities (from the NKJV), with a brief note should some definition be helpful and some space in case you want to use a print-out for your answers.

True

Noble (dignified; honourable)

Just

Pure

Lovely

Of good report (can speak well of)

Virtuous (moral goodness)

Praiseworthy

To think about: How often do my thoughts dwell on positive values compared to the time I dwell on the negatives?

To dig deeper: What was it, do you (or commentators) think, Paul demonstrated to the Philippians and others that he exhorted them to emulate?