

## **Sermon Outline: Meditate on These Things, Part 2**

### **Philippians 4:8 (John 3:1-21; 6:35-40)**

#### **Introduction**

- Review - Three Steps to Learning to be Content in Christ – “Stop” “Drop,” and “Roll”

**I. What is the Biblical Understanding of Meditating?** - Roll around in our minds to ascribe, or credit to whatever it is that is giving us anxious thoughts and stirring up a discontent spirit

**II. “Meditate on these things”** - “Whatever things are . . .” – eight areas listed

1-3) **Whatever Things are True, Noble and Just (see last week’s outline)**

4) **“Whatever Things are Pure”** – Unmixed; Free from what weakens, or pollutes; that is, containing nothing that does not properly belongs

- Trust in God alone to care for us, to protect us and provide for us (Titus 1:15-16)
- Keep focused on God’s goodness and His grace (Psalm 51:10; 22:19; Romans 11:36; 1 Peter 1:13-16; Psalm 12:6; cf. Ephesians 5:26; John 15:3; 17:17)

5) **“Whatever Things are Lovely”** – Things that pertain to causing pleasure and delight; things that are pleasing, agreeable, or that are amiable, according to the Spirit of God

- The Work of God – lovely, beautiful, delightful, etc. – considering the overall picture of God’s purpose for us - working a masterpiece of His image in us to His glory (Romans 5:3-5; 8:28-29)

6) **“Whatever Things are Good Report”** – Could be thought of as a sub-heading to things lovely, as the outward expression of the lovely things (Number 13:27, 28-33; 14:7-9)

7) and 8) **“If There is Any Virtue and if There is Anything Praiseworthy”** –

- Any Virtue – moral excellence, or uncommon character worthy of praise
  - Flows from Faith that is a gift from God, who calls believers by His glory and virtue (2 Peter 1:5, 3)
  - Focus on God’s praises and glories (Psalm 25; Matthew 5:16; cf. 2 Corinthians; 2 Corinthians 4:1; 5:13; 8:7; 1 Peter 2:9; Habakkuk 3:3 Zechariah 6:13; Isaiah 43:21; 42:12; Psalm 25; Galatians 5:22-23) – emphasis is on our actions that glorify God
- Anything Praiseworthy – emphasis is on our words that give glory to God
  - All that is worthy of praise is all that we see as belonging to God, His power, majesty, sovereignty, goodness, righteousness, love, beauty, grace, justice, wisdom, knowledge, understanding, holiness and purity – It is because we see all these characteristics of God, we are able to see beyond our current situation, seeing that God is worthy of all praise, not just with our lips but also with our hearts (James 1:20; Romans 8:28, 32)
  - Scripture for you to ponder that ought to help reinforce this thought of whatever is worthy of praise: Exodus 15:2; Psalm 9:14; 21:13; 106:47-48; 1 Chronicles 29:13-14; Nehemiah 9:5; Psalm 7:17; 2 Chronicles 7:6; Psalm 106:1; Nehemiah 12:24, 46; 9:8, 17; Psalm 7:17a; 117:1-2; 21:13; 30:3, 12; 69:30-36; 86:12-13; 99:3; Psalm 9:1-2; 42:5, 11; 57:7; 108:1; 56:4, 10; 71; 86; 89:5; 111:1, 10; 115:17-18; 118:19-29

#### **Conclusion/Application**

- By God’s Word and Spirit His Grace must Work in us to transform our Hearts, Humbling our Proud and Unbelieving Hearts and giving us Faith to believe in Him and in His promises as He shapes us to make us more and more conformed to the image of our blessed Savior, Jesus Christ (Philippians 2:13).
- If you have not put your trust in Christ alone and His one atoning work for all who belong to Him for the forgiveness of sins, you are condemned already (John 3:18), because you were conceived and born in sin and will suffer the just punishment of your sin in time and eternity, suffering eternal death in the torment of hell.
  - Moreover, you never know true contentment, only circumstantial self-satisfaction –
  - Won’t this day be your day of salvation from the penalty & power of sin? Won’t you come to Christ by faith & in repentance of your sins? If you do, you will be manifesting the virtue of God & praise to His holy name, glorifying Him who is your salvation, your redemption, your righteousness, your sanctification & your peace and contentment, forever – Soli Deo Gloria – To God alone be the Glory!