

Right Thinking

By Cindy Buntin

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. Philippians 4:8

In the newsletter two weeks ago I asked if your thoughts and attitudes were pleasing to God. We saw that God knows our every thought and wants our thoughts and attitudes to line up with His Word. If you aren't sure if your thoughts and attitudes are pleasing to God, you can ask Him and He will show you.

So now the question is, how can we change our wrong thoughts and attitudes into God-honoring ones? Our verse this week gives us a great list of things to think about.

What is true? Psalm 119:160 tells us that all God's words are true. From John 1:1 we know that Jesus is the Word.

What is noble? Noble means possessing outstanding qualities. This describes Jesus perfectly. There is no one with more outstanding qualities than Jesus. He is perfect in every way.

What is right? Hosea 14:9 says the ways of the Lord are right.

What is pure? 1 John 3:3 tells us that Jesus is pure.

What is lovely? Song of Songs 5:16 describes Jesus as lovely.

What is admirable? Admirable means deserving the highest esteem. There is no one more deserving of our esteem than Jesus. He loved us so much that He died for us!

What is excellent? Excellent means superior. Hebrews 1:4 describes Jesus as superior.

What is praiseworthy? Psalm 48:1 says - *Great is the Lord and most worthy of praise.*

Did you notice that every one of those words points us directly to Jesus? When we take our focus away from ourselves and our problems and place our focus on Christ, it makes our problems pale in comparison to His greatness. We do not have to succumb to our moods. Christ has the power to change them, and He will change them when we turn to Him in our time of need.

The next time you are struggling with a bad mood or wrong thoughts, I encourage you to turn to Jesus. Use Philippians 4:8 as a guide and ask yourself, "What is true?" "What is noble?" Then turn your thoughts to the answer - Jesus! He, and He alone, has the power to change your mood and thoughts into ones that are pleasing to Him.

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