

# **FOCUS**

## **Philippians 4:8-9**

**When we're focused we think, follow and feel better**

### **I. FOCUS YOUR THOUGHTS** (v.8)

- Ponder these things

#### **A. THE COMMAND**

1. Dwell on these things
2. You, yourself, must be presently occupied with right thinking
3. The idea is that of meditation > Continually consider these qualities
4. Anchor here for spiritual stability
5. Our thoughts will affect our actions - See Prov. 23:7 and Luke 6:45

#### **B. THE CHARACTERISTICS**

1. Whatever is **true**
  - a. Contemplating what is honest, upright and real
  - b. Not indulging in things that you cannot change
2. Whatever is **honorable**
  - a. That which is worthy of respect, reverence and adoration
  - b. Not fixing our thoughts on what is vulgar, crude or creepy
3. Whatever is **right**
  - a. That which meets God's perfect requirements and wholly conforms to His will
  - b. No passive ambiguity about obedience
  - c. No fondness for lawlessness or rebellion
4. Whatever is **pure**
  - a. Untainted by any sinful defect
  - b. Avoiding worldly or lustful interests
5. Whatever is **lovely**
  - a. That which has intrinsic attractiveness and beauty
  - b. Not rude, crude or violent
6. Whatever is of **good repute**
  - a. That which is commendable and makes a good impression
  - b. Not things that disturb or discourage worship or give rise to scandal
7. Anything **excellent**
  - a. Concretely virtuous, wonderful or right
  - b. Avoiding questionable things
8. Anything **praiseworthy**
  - a. That which calls down the approval of God
  - b. Nothing offensive or selfish

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### C. YOUR CONDITIONS

1. Calculate: What are you feeding your thought life?
2. Evaluate: Use these qualities as a standard by which to measure questionable things

## II. **FOCUS YOUR FEET** (9a)

- Practice these things

### A. THE DUTY

1. Practice these things
2. Make this your routine

### B. THE DETAILS

1. Paul's Teaching
  - a. Things learned: Paul's words
  - b. Things received: Paul's writings
2. Paul's Testimony
  - a. Things heard: Like his imprisonment and its affect - see 1:12-14
  - b. Things seen: Like his desire to worship at Philippi (Acts 16:13)

### C. YOUR DECISION

1. Have a standard by which to measure your conduct
2. Be present for teaching and preaching times so that you can know and grow in God's ways
3. Look for someone whose life will inspire and instruct you toward godliness

## III. **FOCUS YOUR FEELINGS** (9b)

- Perceive these things

### A. A PRECAUTION FOR THE GODLY

- Right feelings come only after right thinking and following

### B. THE PERSON OF GOD

1. Identified here as "the God of peace"
2. Having the "God of peace" is better than having the "peace of God" (v.7)
  - a. This is the God whose very character is peace and not simply a conductor of peace
  - b. This is the God of harmony and order who overcomes chaos and discord

### C. THE PRESENCE OF GOD

1. He will be with you, no matter your location
2. In the valley of death - Psalm 23:4
3. In the fiery furnace - Daniel 3:25

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## **CONCLUSION:**

**When our focus is fuzzy our concentration, conduct and calm are disturbed**

- Exp: Peter walking on water

**When we focus correctly we will think, follow and feel right**

- Exp: Paul who says "I can do all things through Christ who strengthens me."

**Is your focus faulty or fixed?**