

THINK ON THESE THINGS: A BIBLICAL ALGORITHM FOR MENTAL HEALTH
Philippians 4:8-9

1

- ▶ Rejoice repeatedly (vs. 4).
- ▶ Maintain graciousness with problem people (vs. 5).
- ▶ Avoid anxiety through thankful, grateful prayer (vs. 6).
- ▶ Trust God's peace keeper to guard you from spiritual terrorists (vs. 7).

2

- ▶ Practice thinking clearly and Biblically (vs. 8).

Your life will move in the direction of your strongest thoughts.

3

THREE TALKING POINTS

1. His Last Imperative
 - ▶ *Think carefully* (vs. 8)
2. His Mental Grid
 - ▶ *A check up from the neck up* (vs. 8)

4

HIS MENTAL GRID

1. Whatever is true
2. Whatever is honest
3. Whatever is just
4. Whatever is pure

5

HIS MENTAL GRID

5. Whatever is lovely
6. Whatever is of good report
7. If there is any virtue
8. If there is any praise

6

Point: Stay calm...Clear All Lousy Messages

7

THREE TALKING POINTS

1. His Last Imperative
2. His Mental Grid
3. His Personal Motivation
 - ▶ Paul's Practice (vs. 9)

8

"Practice these things. In other words, don't just think about these things . . . apply them. Translate biblical principles into biblical practices. We refer to a lawyer's practice or a doctor's practice – not because they're practicing on us, we call it their practice because that's what they do. These thought patterns should be what Christians do. And do it now."
~Dr. Stephen Davies

9



10