

Zoom Community Group Lesson - July 3, 2022

Main Point

God helps us to think about things that are **true** and **noble**, and how we can put them into practice.



Scripture

- Philippians 4:8

“Finally, brothers and sisters, 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.”

Prayer Time

- Spend a couple of minutes in praise and prayer to God.

Praise and Worship

- Cheri Keaggy – Whatever is True
<https://www.youtube.com/watch?v=m6sYeoAY9i4>
- Chris Tomlin – Whatever is True
<https://www.youtube.com/watch?v=p13PnodzlQQ>

Memory Verse

- Philippians 4:8
 - “Finally, brothers and sisters, 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.”
- JumpStart3 – video song of the Bible verse to help you learn it:
https://www.youtube.com/watch?time_continue=10&v=nwn4EMhtST0&feature=emb_logo

Review of Last Week

- We have just spent the last couple of months focusing on the pieces of the Armour of God. We learned about how important it is to have and use each piece, and to remember to ask God to help us by praying to Him.
- Have you had a chance to use any of the armour yet? Have you learned the Bible verse yet?
- I know I have felt sad sometimes and I have looked up verses to help me remember that God is always with me and He is the one who brings me joy.

Lesson

- In the Bible, we are taught that there are some important things we need to try and do and live because we believe in God. They include being true, noble, right, pure, lovely, admirable, excellent and praiseworthy and are part of the verse that we are memorizing.
- Believers are to think about these things. While God protects us from the devil and gives us the armour to help, He also guards our hearts, and through that, we are also commanded to focus our lives on things that please God.
- What we think on is most probably what we would do. Bad thoughts produce bad fruit, and good thoughts produce good fruit. Our thoughts produce action. When we think about good things all the time, we would do them. If we think about bad things, we may start doing them, or thinking that they are ok.
- Today, we are going to look at two of the above valued aspects of behaviors that God would like us to think about often.
- We are to think on things that are **true**, and things that are **noble**.
- **WHATEVER IS TRUE:**
 - When we talk about something being true, we talk about things that are a fact or reality. What are the things that are true? Jesus says in *John 14:6* that *"I am the way, and the truth, and the life"*. The Bible also says in *John 17:17* that *"your word is truth"*. Jesus is saying that He, God the Son, is truth, and God's word, the Bible is truth.
 - We should read the Bible more often and let the Bible govern our thinking. Let God's standard be our standard when we think about that is true.
 - In the world today, many people say there is no absolute truth. A person's truth may not be another person's truth. But this not what the Bible says. We can discern what is right or wrong using what we know from the study of the Bible. The Bible says God is truth and His word is truth. Prayer and daily studying the Bible help us understand God's word so that we know what is true. We can let the Bible govern our thinking and help us think about things that are true and that we will do them.
 - What is an example of being true?
 - It is to be honest in our interactions with other people. We only say things that are true and not lie, gossip or spread rumors about other people.

- Are we thinking about things that are true?
 - Let's get into the habit of comparing everything we read and hear against Scripture instead of automatically accepting other people's opinions as facts. Let's also commit to memorizing Scripture and using God's truth to overcome any distortions and negativity in our lives.
- **WHATEVER IS NOBLE**
 - We are also to think about things that are noble, meaning things that are honorable, worthy of respect and dignified.
 - This means that Christ followers are to take life seriously. We are not to be silly goof-offs, but work reasonably hard and do our fair share of work. We serve people as if serving our Lord. This doesn't mean that we can't appreciate clean humor. We can enjoy good laughter and amusement. Laughter actually binds people together and increase our feelings of closeness to one another. But we have to be respectful, and make sure we don't hurt people and our overall character should communicate to other people that we strive to follow Christ's example of being honest and respectful.
 - What is an example of being noble?
 - It is to be honest, be courageous and generous with our time, talent and money.
 - Are we thinking noble thoughts?
 - When we think about others, let's focus on their positive personality traits – their more noble and honorable characteristics – instead of honing in on their faults and character flaws.

Application and Group Discussion

- When we talk about what ideas in Philippians 4:8, we are talking about how to train our minds to think on the important things that God has given in the Bible. By taking time to think about it before you speak, then we should be able to think on things that are true and noble.
- **THINK** before you speak
 - T – Is it TRUE?
 - H – Is it HELPFUL?
 - I – Is it INSPIRING? (does it encourage?)
 - N – Is it NECESSARY?
 - K – Is it KIND?

- **Example #1:**
 - You really love watching movies that show lots of people getting beat up and with lots of swearing.
- **Example #2:**
 - You and your friends write encouraging notes and send them to the nursing home where your grandma lives, asking the staff to give one to each person who lives there.
- **Example #3:**
 - You are listening to a couple of your friends talk about another friend of yours. They are gossiping and telling stories that you know are lies. You jump in and start agreeing with them and telling them more stories to try and sound like them, even though some aren't true.
- **Example #4:**
 - You are sitting with the with those same friends again, next week having lunch, and they are still telling stories that aren't true. This time, you stick up for your other friend by telling them that we shouldn't say mean things about people and we shouldn't gossip about people.
- **Example #5:**
 - One of the people that you work with told you that there are some sins that God can't forgive.

Live it out Challenge

- What are the two character traits that we have learned today? This week, try to remember THINK, when you are challenged by a difficult situation.

Additional Learning

- Below is a word puzzle and a colouring page, that will help you understand more about how to ensure we are thinking about things that are true and noble.



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 (NIV)

TRUE ♥ RIGHT
NOBLE
WHATSOEVER
PURE is LOVELY
ADMIRABLE ♥
Excellent or Praiseworthy
♥ think about such things! ♥ Phil 4:8

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Philippians 4:8

V G U X Z R S N T J Y H J R M R X
F Y F S I H O S H N H D H E W K P
I X V G O U E W U O T E Q V E C H
E C H S H M X W B B R T D E S E P
M T X G B X C D N L O X J T J U G
E K B B K F E Z C E W I S A E R D
Z E X M V C L Z P S E Y Z H D T Z
Q R T E I F L I Z D S P I W C E P
A E N G C Z E C T K I P O S L I E
C H D P Z Q N I S N A R Y B S E Y
O T S Z P G T I C W R J A N G D D
Z O F D T A S A I W P R V O E S M
P R S P U T R U C T I G J X M J P
Y B A V E J Z A K M U G U N M O U
R U S R U T I L D U D A Q H Q U R
L A P P Z S N A I P P I L I H P E
I O E V L O V E L Y X K C E S K R

PHILIPPIANS	PAUL	PRAISEWORTHY	EXCELLENT
ADMIRABLE	LOVELY	PURE	RIGHT
NOBLE	TRUE	SISTER	BROTHER
WHATEVER			