

Zoom Community Group Lesson - July 17, 2022



Main Point

God helps us to think about things that are **lovely** and **admirable**, and how we can practice doing these things.

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

- Hawk Nelson – Live Like You’re Loved
https://www.youtube.com/watch?time_continue=57&v=Q_r47Xhkf20&feature=emb_logo
- Chris Tomlin – Jesus Messiah
<https://www.youtube.com/watch?v=tdxSC1tHJn0>

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=nwn4EMhtSTO&feature=emb_logo

Review of Last Week

- Last week, we learned about things that are right and things that are pure, and how we can practice doing these things.
- Did you ask Jesus to help you “clean up” something in your life? How did Jesus help you do the right thing?

Lesson

- So far, we have learned to think about things that are true, noble, right and pure. Today we are adding two more words to that list; we are to think about things that are **lovely** and **admirable**. We want to make sure that what we think about is how God wants us to think.
- **WHATEVER IS LOVELY:**
 - When you hear the word “lovely”, what is the first thing that you think of? Is it something that is beautiful, highly pleasing to look at, something that you just can’t stop looking at or thinking about? Share with someone who is sitting near you. Why do you like thinking about that so much?
 - Things that are lovely is what Jesus wants us to focus on and to think about; it takes effort every day to throw away bad thoughts to replace them with thoughts that are lovely and that praise God.
 - How often do you let negativity, worry and insecurities take over your thoughts? it’s so easy to allow our minds to think about those things, eventually leading us to feel scared or guilty. We have to make a choice—do we spend our time on the ugliness that is around us, or do we focus our hearts and minds on what is lovely? Or do we focus on God, celebrating His love for us every single day? Thinking lovely thoughts means to think about God’s love and truth. It also means to praise him in all circumstances!!
- **WHATEVER IS ADMIRABLE:**
 - Now, about the word admirable. The word admirable in Greek comes from a word meaning to speak well of something. It refers to something that deserves a good reputation.
 - It means to hold something or someone with great respect. Who is someone that you admire? Your mom? Your dad? A teacher? A pastor? A friend? The people who have been working to keep us safe and healthy during co-vid? A famous hockey player? Someone really good at playing video games?
 - Once you have thought of one or two people who you admire, think about it, why do you admire them? What is it about them that you admire? Is it their smile? How kind they are? How good they are at something? Is it the way they wear their hair? How they make you feel? Are they willing to say sorry when they make a mistake? Are they respectful? Do they go out of their way to help others? Is it how much money they make?

- Thinking about things that are admirable is easiest when we look at people, it's not just who have those qualities that we want to have, but also the ones that God wants us to have.
- It is not wrong to admire someone for being good at hockey or how much money they make, but we want to admire people, their excellent qualities, and ask God to help us grow those admirable qualities in our lives so that we can be more like Jesus.
- God hears our every thought. It is therefore fitting that we are to only think upon the things that are fit for God to hear. The words on our lips and the thoughts in our minds should be pleasing and acceptable for God to hear.
- When we tell the latest joke, did you know that Jesus hears it because He lives inside of us? When we watch the latest movie, Jesus is there watching it with us. Whatever we think about, Jesus knows what it is, even if we never say it out loud.

Application and Group Discussion

- I want you to think about one or two negative thoughts that you have thought about this week that are not lovely and admirable, and I want you to write them on the garbage can below.
- Now, on the blue heart, write down two to three things that are lovely and admirable that you are going to try to think about instead.
- As a group, let's go through these thoughts below and decide if they should go in the garbage can or the blue heart? Are they thoughts that are lovely and admirable or not.
 - I am jealous because my friend has a later curfew than I do.
 - I choose to spend 3-4 hours a day playing video games.
 - I get up every morning and read a passage from the Bible.
 - When we go to the movies, my favourite movies are the ones with zombies.
 - I pray every time before I eat.
 - When I hurt someone's feelings, I am quick to say sorry and ask Jesus to forgive me as well.
 - I complain that my roommate gets to eat whatever he wants to and I have to eat a specific diet.
 - When I see someone at my day program sitting by themselves, I go over and sit with them and talk with them.

- I remember to pray for people when I said that I would pray for them.

Live it out Challenge

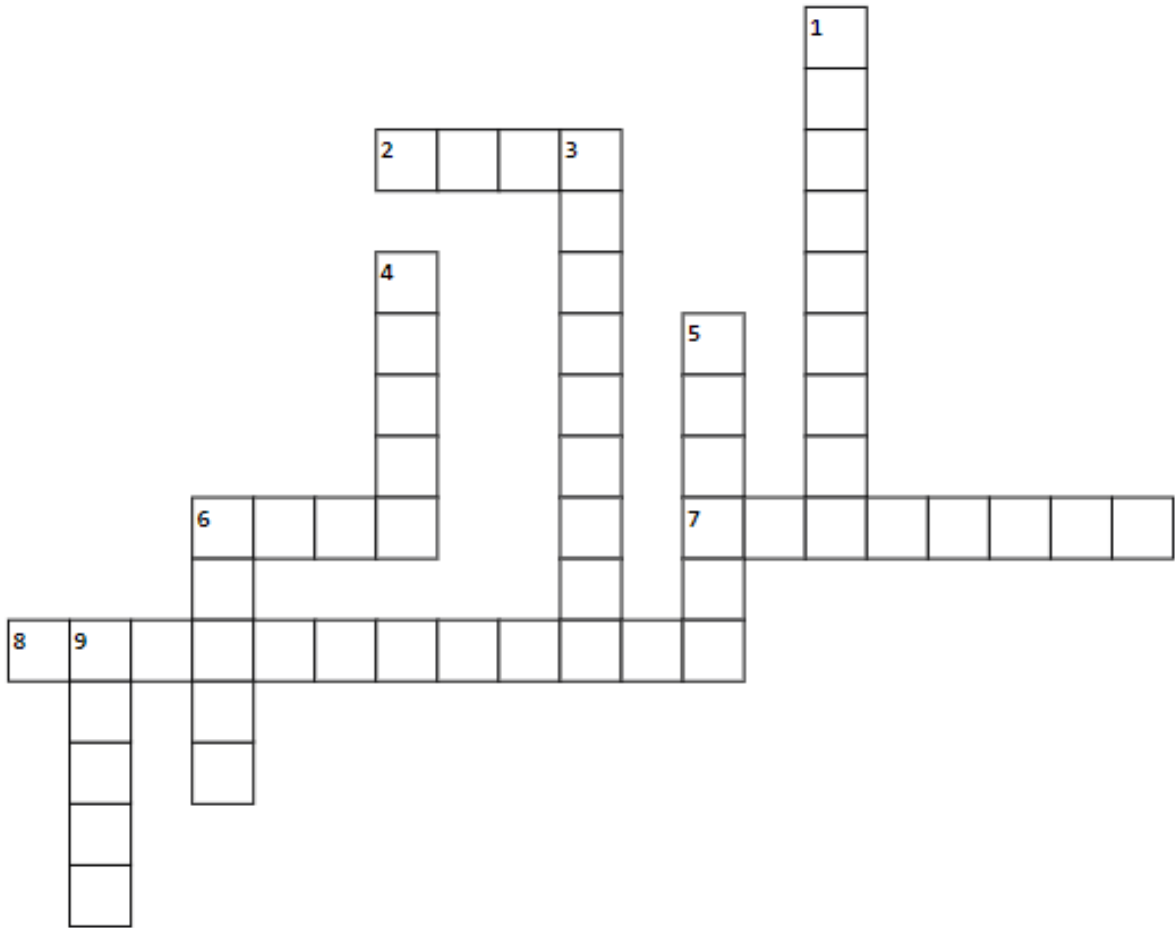
- What are the two character traits that we have learned today? **This week**, think about why you admire someone and think about how you can be more like them.
- For example:
 - Do they put other people first? How can you try to put other people first?
 - Are they quick to see when they have done something wrong and say sorry? How can you remember to say sorry when you have done something wrong?
 - Do they always have a smile on their faces? How can you remember to choose joy and smile more this week?
 - Do they care more about what is going on with a person than what they look like? How can you try to ask people questions about what is going on and try to help them?

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 lovely and admirable.



Whatever Is...Crossword Puzzle



Across

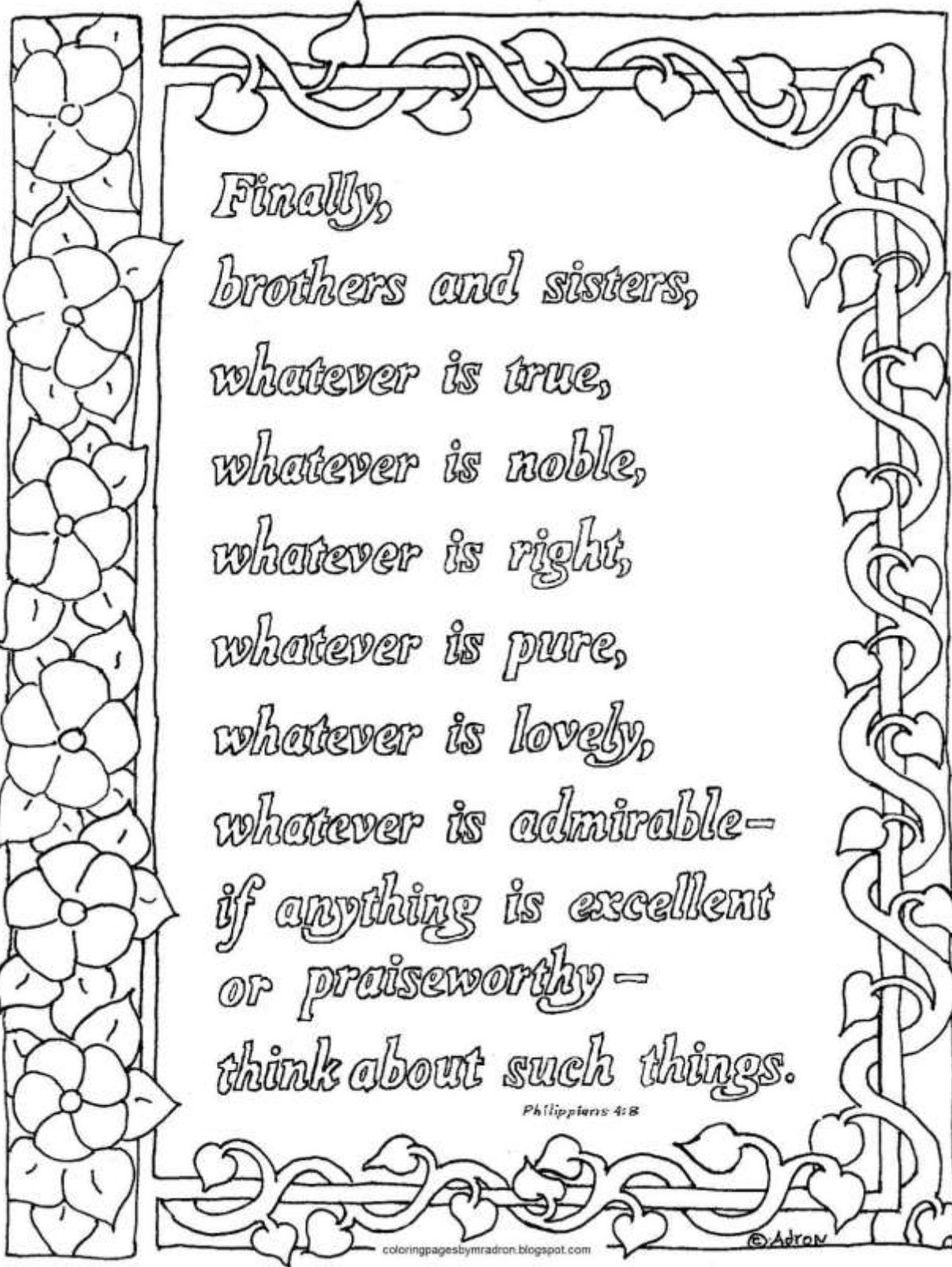
- 2. SPOTLESS
- 6. A FACT
- 7. WHO THIS VERSE IS TALKING TO
- 8. OR, IF ANYTHING IS THIS, WE ARE TO THINK ABOUT THEM

Down

- 1. TO SPEAK WELL OF SOMETHING
- 3. IF ANYTHING IS THIS, WE ARE TO THINK ABOUT THEM
- 4. WORTHY OF RESPECT
- 5. NICE TO LOOK AT
- 6. WHAT WE ARE TO DO WITH THESE THINGS
- 9. GOOD OR HONEST

ANSWERS:

True, Noble, Right, Pure,
 Lovely, Admirable, Excellent,
 Praiseworthy, Everyone, Think



*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.*

Philippians 4:8



