



Zoom Community Group Lesson - July 24, 2022



Main Point

God helps us to think about things and whether they are **excellent** and **praiseworthy**, and whether we should do them.

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

- Seeds Family Worship - Think about It
<https://www.youtube.com/watch?v=WGjmSc8aZhQ>
- Phillips Craig and Dean – My Praise
<https://www.youtube.com/watch?v=xzQnCoCPjml>

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 lovely and things that are admirable, and how we can practice doing these things.
- Did you think of someone who you admire and how you can be more like them?

Lesson

- Do you know what determines the kind of person you will be?
- It's not your looks, how smart you are, or how much money you have. It is what you think and what you believe.
- What you think determines what you do and what you feel. When we think right thoughts, we do right things, and we have right feelings. But when we think wrong thoughts, we do wrong things and then have wrong or unpleasant feelings.
- Do you remember the story of Adam and Eve?
- God had told them that they must not eat of the tree of knowledge. God warned them that if they disobeyed Him, they would surely die. For a time, Adam and Eve obeyed God and they were very happy. Every day God came down and walked and talked with them.
- But one day Satan came in the form of a serpent. Satan told Eve that if she and her husband ate the fruit of the tree of knowledge, they would be as gods. Of course, this was a lie. But Eve began to think about this. She had to choose whether to believe Satan or believe God.
- What did Eve do? She chose to believe Satan's lie. In believing Satan, Eve accepted a wrong thought. That wrong thought caused her to do a wrong thing – she disobeyed God. Adam also disobeyed God.
- Disobeying God was wrong and this caused Adam and Eve to have feelings of fear, guilt and shame. When God came down that evening to walk and talk with them, Adam and Eve tried to hide from God. They were ashamed and afraid because they had disobeyed God.
- Why did Adam and Eve make such a terrible mistake?
 - First, they accepted a **wrong thought**. They believed Satan's lie instead of believing God.
 - Second, Adam and Eve did a **wrong thing**. They disobeyed God. They ate of the fruit of the forbidden tree.
 - Third, Adam and Eve had **wrong or unpleasant feelings**. They had feelings of fear, guilt and shame. The wrong thought they accepted from Satan led to a wrong action, and the wrong action led to wrong feelings.
- To help us set our minds on things that please God, the Bible lists six areas of importance: whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable.

- These are the things that please God. Then it challenges us to think about two or more qualities: things that are **excellent**, and things that are **praiseworthy**.
- **WHATEVER IS EXCELLENT:**
 - Excellent means very good, gracious, virtuous and righteous. In many ways, this is saying the same things that we have already learned: things that are true, noble, right, pure, lovely and admirable.
 - We are to think and meditate on these qualities. They should be what we look at when we think about how we should act or what we should do.
- **WHATEVER IS PRAISEWORTHY:**
 - What are things that are praiseworthy? Is there any one who deserves praise other than Jesus?
 - We may give commendation, encouragement, and recognition to one another but praise alone belongs to our God. Our heart, mind, soul, and strength is to be focused upon the love, greatness, power, beauty, and life of our King Jesus.
 - We should daily think about how great God is and on the marvelous works He has done and continues to do.
 - Toward other people we should be gracious by focusing on people's strong points and good qualities. Even though we are all imperfect by nature, showing these qualities, even to unbelievers, bring glory to God. So, we should be appreciative and affirming toward people rather than be negative and say bad things.
- The key to Godly living is Godly thinking. What should we think about? Simply – Jesus - His heart, mind, nature, attitude, and life is to be the centre and what we focus on. Jesus is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy. Whatever pulls us closer in our relationship with Jesus is to be what we think about as well.
- How do we determine what we should and should not think on? The Bible says to think about anything mentioned in this verse. The beauty of a Godly life and mind are found by allowing our mind to think and meditate within a set of boundaries – the boundaries include whatever is true, noble, right, pure, lovely, admirable, excellent and praiseworthy.

Application and Group Discussion

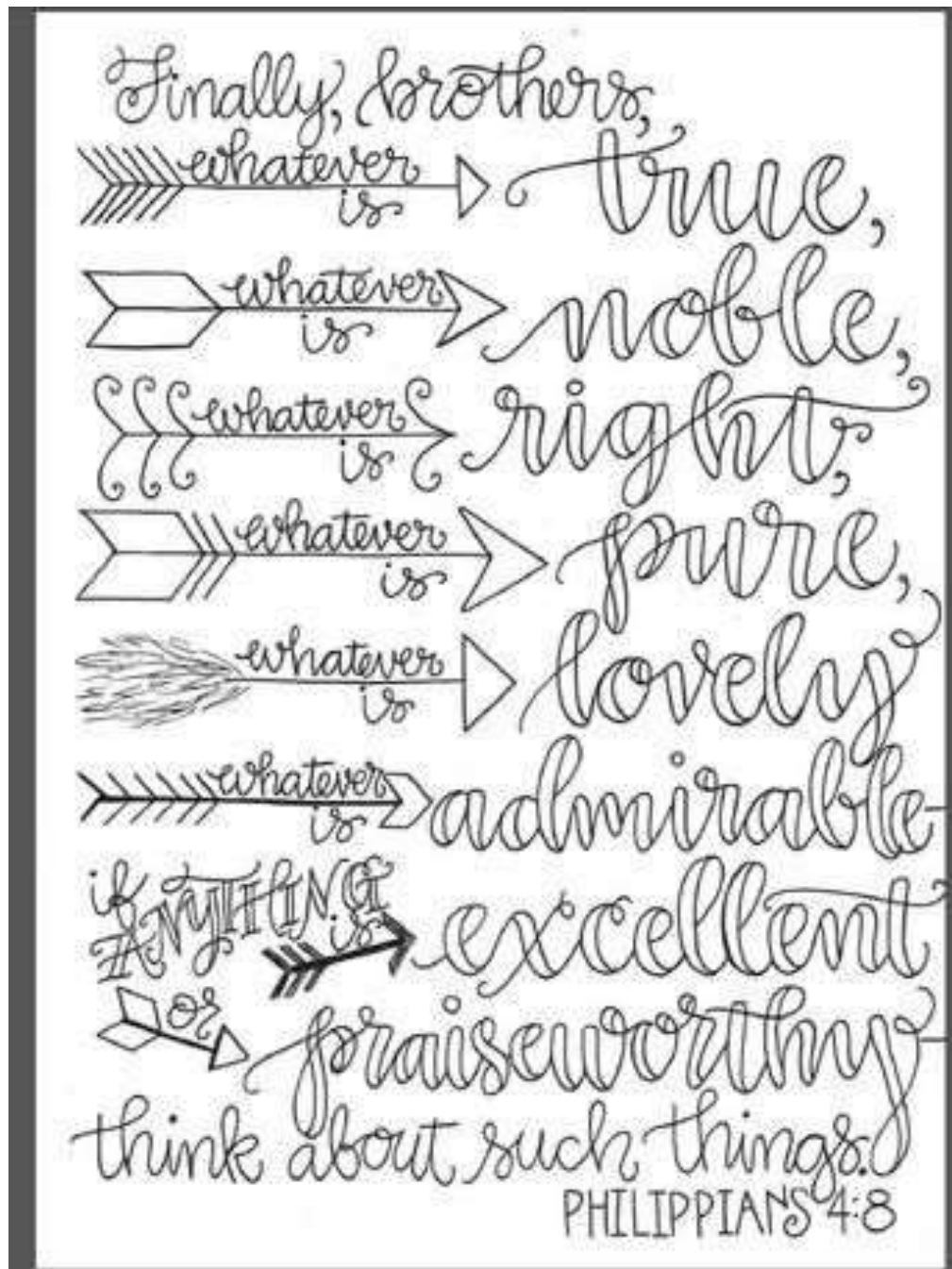
- We talked about this at the beginning of this month of lessons about how to THINK before we have the wrong thought, action or feeling? Remember Adam and Eve?
- THINK before you speak or act
 - T – Is it TRUE?
 - H – Is it HELPFUL?
 - I – Is it INSPIRING? (does it encourage?)
 - N – Is it NECESSARY?
 - K – Is it KIND?
- What are some things that have happened in the past month where we have had to THINK?
 - Has there been a time when said some unkind words to someone because they didn't do what you wanted them to do?
 - Has there been a time when you walked away from someone when they were talking because you thought you had something better to do?
 - Has there been a time when you wanted to tell a lie to not get into trouble?
 - Has there been a time when you interrupted someone when they were talking because you thought what you had to say was more important?
 - Has there been a time when you felt bad for something you did and wonder if God will forgive you?

Live it out Challenge

- What are the two qualities that we have learned about today? **This week**, I want to challenge you again to 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 excellent and praiseworthy.



Whatever Is...

Write the word and/or draw a picture in each bubble to remind us what to think about – based on Philippians 4:8

