

Date:11/1/17 RBC SF 3029

Title: Our Thoughts Influence Our Happiness

Text: Philippians 4:8-9

What we think can affect how we feel. As Christians it is important that we discipline our minds with the things of God.

### **Focus on the Virtues of God**

whatever is true  
whatever is honorable,  
whatever is right  
whatever is pure,  
whatever is lovely,  
whatever is admirable  
if anything is excellent or praiseworthy  
think on these things.

**2 Corinthians 10:3-5** - <sup>3</sup>For though we live in the world, we do not wage war as the world does. <sup>4</sup>The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. <sup>5</sup>We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

**Romans 12:2** - Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will.

### **Practical Ways to Renew Our Minds**

Study and put to memory God's Word.

Avoid filling your minds with things that are negative or unwholesome.

### **Fellowship with True Christian People**

**Philippians 4:9** - Whatever you have learned and received and heard from me, and seen in me, put these things into practice. And the God of peace will be with you.

Peer pressure is a powerful tool of Satan.

**1 Corinthians 15:33-34** - Do not be misled: "Bad company corrupts good character  
<sup>34</sup>Come back to your senses as you ought, and stop sinning; for there are some who are ignorant of God—I say this to your shame.

Choose friends based on their relationship to Jesus Christ.