

Phil 4:8 Thought Evaluation Chart – Filters and Questions

WORD	DEFINITION	ASK YOURSELF: <i>Are these thoughts...</i>
True	Factual	<i>...true to the facts, or am I exaggerating or ignoring them? Is this true to the facts that I know about God? His Word? His work? His fatherly care for me? His purpose for me?</i>
Honorable	Esteemed	<i>...honoring to God? Something that is beneath me as a daughter of the King? Does it keep my Father's kinship in sight? Do they reflect the knowledge that he is wonderful, kind, loving, wise and powerful?</i>
Right/Just	Righteous	<i>...reflective of the righteousness that Christ purchased for me? Or is it a part of the way I thought before I knew His love? Are they the kind that the Lord himself would think?</i>
Pure	Clean	<i>...something I would be ashamed about if others knew I was entertaining it? Does it live up to God's standards of purity and holiness? Do they cast doubt on God's goodness or the truth of His promises? Do they elevate my own importance or desire?</i>
Lovely	Winsome	<i>...something that would draw others to Christ or bring Him pleasure? Is it sweet or bitter, beautiful or ugly? Do they flow from a heart filled with tenderness and affection for the Lord?</i>
Good Repute/ Commendable	Attractive	<i>...a faith-filled, faith-grounded assessment of the situation?</i>
Excellent	Virtue	<i>...overflowing with the excellencies of Christ? Does it acknowledge His great love, mercy, grace, and holiness? Do they cause me to be fearful or do they fill my heart with courage and strong commitment to virtuous living?</i>
Praiseworthy	Admirable	<i>...something that would cause others to praise God if they heard it? Does it cause my heart to be filled with thanks and worship?</i>

Make a Think/Thank List. Write down what things that are biblical based on Phil 4:8. Thank the Lord for these things.

From Elyse Fitzpatrick's "Love to Eat, Hate to Eat" and "Overcoming Fear, Worry, and Anxiety"