



Lesson 14 “Whatcha Thinkin’ About?” Teacher: Beth Seifert

Read Philippians 4:8-9.

Make a list of 4 things in your life or that you know fall under each of the following:

True Things

- 1.
- 2.
- 3.
- 4.

Noble/Honorable
Things

- 1.
- 2.
- 3.
- 4.

Pure Things

- 1.
- 2.
- 3.
- 4.

Right Things

- 1.
- 2.
- 3.
- 4.

Lovely Things

- 1.
- 2.
- 3.
- 4.

Admirable things

- 1.
- 2.
- 3.
- 4.

Excellent/Praiseworthy Things

- 1.
- 2.
- 3.
- 4.

Make a list of 4 things in your life or that you know fall under each of the following:

Deceitful Things

- 1.
- 2.
- 3.
- 4.

Unworthy Things

- 1.
- 2.
- 3.
- 4.

Unfair Things

- 1.
- 2.
- 3.
- 4.

Corrupt/Mixed Things

- 1.
- 2.
- 3.
- 4.

Vile Things

- 1.
- 2.
- 3.
- 4.

Eminently Bad Things

- 1.
- 2.
- 3.
- 4.

Condemnable Things

- 1.
- 2.
- 3.
- 4.

Now, look over the two lists you just made. Circle the top 7 things from the 2nd list that you struggle with the most.

Now, write down what the corresponding “good” thing would be. (For example, if I put under unworthy things: “complaining about my husband leaving his socks on the floor” the pair for that under honorable things would be “asking my husband calmly and gently to pick up his socks” or even “picking up the socks myself, without resentment”)

Look at the 7 things on your new list. What one thing can you choose, today, to ask God to help you do differently?

Spend some time with Him and ask Him to help change your heart to keep your mind on whatever is excellent and praiseworthy, and not that which is destructive and corrupt.