

## 22S20 Philippians 4:8-9 (Part 15) Meditate on These Things

Hello everyone. Thank you for joining me today @ the PUNLA Coffee Table. I hope everyone is doing well. Today I want to continue our study of Philippians with Philippians 4:8-9 Meditate on These Things.

Before we start, let us remember this short letter was most likely written by the Apostle Paul while he was in prison in Rome. Paul had first visited Philippi during his second missionary journey, and he has great affection for the church in Philippi. This letter is sometimes called “the Joy Epistle” because of thankful and joyful tone. But remember Paul is in prison in Rome, not very happy circumstances.

I’m reading from the New King James version (NKJV) today. But of course, you can use whatever translation you choose.

Let’s read Philippians 4:8-9 (NKJV) *<sup>8</sup>Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. <sup>9</sup>The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.*

**Let’s pray. Dear heavenly father, guide our discussion today such that your message is clear to each of us. As we read your word from Philippians, help us see why Paul is so thankful and joyful despite his situation. I pray that you help me stay out of the way so your hope and peace can be shared with us. I pray this in your name Lord Jesus. Amen.**

I know it’s only two verses but there is a wealth of information and I don’t want to rush through it.

So, let’s break these verses down a little more. Starting with Philippians 4:8a (NKJV) *<sup>8</sup>Finally, brethren, whatever things are true,* The word ‘true’ what does it make you think of? Every English translation I looked at uses ‘true’, The Greek word is alēthē (al-ay-thace’) meaning true or unconcealed, true in fact, worthy of credit, truthful. .

*whatever things are noble,* Some translations use honorable or venerable or honest. The Greek word is semna (sem-na) meaning venerable, honorable, grave, serious, dignified. I like this concept of dignified or honorable things.

*whatever things are just,* Some translations use right instead. The Greek word is dikaia (dik'-ah-a) meaning correct, righteous, by implication innocent.

*whatever things are pure,* The Greek word is agna (ag-na) meaning free from ceremonial defilement, holy, sacred.

*whatever things are lovely,* The Greek word is prosphilē (pros-fee-la) meaning pleasing, acceptable, grateful.

*whatever things are of good report*, Some translations use admirable or commendable instead. The Greek word is euphēma (yoo'-fay-ma) meaning well reported of, spoken in a kindly spirit, laudable, reputable.

*if there is any virtue*, The Greek word is aretē (ar-et'-ay) meaning moral goodness, virtue.

*and if there is anything praiseworthy*, The Greek word is (epainos) (ep'-ahee-nos) meaning commendation, praise, approval.

This is a list of lists. Truth, Honor, Just, Pure, Pleasing, Lovely, Commendable, Admirable, Reputable, Moral, Virtue, Praiseworthy. If we could fix our thoughts are only things like this, then what? We would be better people. This I'm sure.

Philippians 4:8b-9 (NKJV) —*meditate on these things.* <sup>9</sup>*The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.* Again Paul is telling his reader to do the things he has done, live the way he has lived. But it is qualified, Paul wants us to follow only the things that meet the criteria of that list of lists. Think about those things that Paul has done that are worthy, then do likewise.

Paul's last phrase is perfect, if you can follow those good examples, then *the God of peace will be with you*. Amen

Let's review.

- 1) So why the list? Paul knows he is not perfect. He is telling us to follow his example but he qualifies it by listing the attributes he wants us to copy. This is a great lesson. Leaders have many faults; they are human too. But Godly men and women have traits we should try to emulate.
- 2) Why Meditate? Paul wants us to focus on these Godly things and traits, so we can keep our minds on Jesus. When we focus on these Godly traits, we naturally want to work toward having these traits. That's good for us. It's good for everyone around us.
- 3) God of Peace? Earlier Paul promised, the peace that surpasses all understanding. When we trust God with everything and focus on Godly things, then you will have peace. No matter what happens, you can trust God. No matters what people say about you, you can trust God. Just trust God and He will give you peace no matter what.

Let me leave you with this, God of peace sounds pretty good. Most of us struggle to find peace with our situations and problems. Focusing on God and Godly things will change your perspective on your troubles. Trusting God in the good and bad, then sleep like a baby. Now I'm human, so I don't always get this right either. But, more and more each day, I surrender more and more to God. Every time I have those thoughts of fear, worry or uncertainty, I fill them up with Jesus Christ. He is more than enough for every situation. Trust God, then sleep like a baby.

**Let's Pray. Heavenly Father thank you for this letter from Paul. Help us to read and meditate on this letter so we can hear the message you have for us. Help us to remember who you are Lord. You are our king, king of kings. You are our Lord, Lord over everyone. We can trust you, Lord. Help us to do what you ask and not worry about what others are doing. I pray this in your Name Lord Jesus. Amen**

I hope you will join us for the rest of our study of Philippians. Please email me comments or feedback. Thank you for joining me today. Until next time @ the PUNLA Coffee Table. God bless.