

Philippians 4:8. *“Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.”*

Below is a chart Ellyse Fitzpatrick developed to aid in biblically filtering our thoughts.

“Philippians 4:8 Thought Filter”

Thought Filters:	Ask Yourself:
True	Is what I’m thinking true about God, particularly His Fatherly care for me?
Honorable	Do my thoughts honor God? Do they reflect the knowledge that He is wonderful, kind loving, wise, and powerful?
Right	Are my thoughts holy, righteous, or just? Are they the kind that the Lord Himself would think?
Pure	Does my thought cast doubt on God’s goodness or the truth of His promises? Does it elevate my own importance or desire?
Lovely	Do my thoughts flow from a heart filled with tenderness and affection for the Lord? Would my thoughts bring Him pleasure?
Of Good Repute	Are my thoughts of good repute? Are they grounded in faith?
Excellent	Do my thoughts cause me to be fearful, or do they fill my heart with courage and strong commitment to virtuous living?
Praiseworthy	Would the Lord commend my thoughts? Would they bring Him glory?

Put off / Put On

Ephesians 4:20-24: *“But that is not the way you learned Christ!— (21)assuming that you have heard about him and were taught in him, as the truth is in Jesus, (22)to **put off** your old self, which belongs to your former manner of life and is corrupt through deceitful desires, (23)and to be **renewed** in the spirit of your minds, (24)and to **put on** the new self, created after the likeness of God in true righteousness and holiness.”*

My Problem:

Scripture that Relates to my problem:

What does this mean to me?

Put Off?

Put On?

My Plan: