

## DAILY BIBLE VERSES AND PRAYER THOUGHTS:

**MONDAY - VERSES:** Matthew 14:32-33; John 14:6,17; 17:17-19; Acts 10:34; 17:10-12 **PRAYER THOUGHT:** Thank God for truth and nobility and thank Him for some specific things that are true, noble and honest. Ask for help being more noble and truthful.

**TUESDAY - VERSES:** Acts 3:14; 7:52; 1 John 1:9; Revelation 15:3; Titus 1:15; James 1:27; 3:17 **PRAYER THOUGHT:** Praise God for His justice and purity. Ask Him for help striving to be more like Him. Thank Him for other things that are just and pure

**WEDNESDAY - VERSES:** Exodus 28:2; Psalm 29:2; Proverbs 20:29; Ecclesiastes 3:11; **PRAYER THOUGHT:** Thank God for the beauty that He created. Thank Him for specific lovely things you enjoy.

**THURSDAY - VERSES:** 2 Peter 1:3-5; Ruth 3:11; Proverbs 31:10, 29; 3 John 1:12 **PRAYER THOUGHT:** Thank God that there are still virtuous people who are of a good report and reputation. Pray for those you know to remain that way, and that you will follow their example.

**FRIDAY - VERSES:** Judges 5:1-3; Psalm 21:13; 148; 1 Corinthians 11:2; **PRAYER THOUGHT:** Ask God to help you look for the praiseworthy traits in everyone you know and to help you find ways to build those characteristics. Ask for help to develop more praiseworthy traits in your life.

**SATURDAY - VERSES:** Genesis 6:5; Proverbs 23:7; Jeremiah 29:11; Matthew 9:4; 1 Corinthians 13:4-5; Ephesians 5:11-12 **PRAYER THOUGHT:** Thank God for the good and ask Him to help you meditate on the good and not the evil. Don't be like one man who when he was told that he should be more positive replied, "I am positive, positive it is all bad, getting worse, and can't get better."

### ASSIGNMENTS

1. Daily read over this material and read or sing the song.
2. Place the scripture where you will see it often each day.
3. Look for ways you can be more positive throughout the day.
4. Pray for God's help in looking for good.
5. At the close of day write down the ways you were optimistic.
6. Plan to tell the class, next week, an example of how you practiced being optimistic and what happened as a result of your optimism, or tell the class how you should have been optimist but were not during the week.

## SPIRITUAL HEALTH REGIMEN WEEK 5

### THINK ON POSITIVE THINGS

**SCRIPTURE - Philippians 4:8** 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.

**COMMENT -** As Christians we should be good finders, optimistic, dwelling on the positive aspects of all situations. This does not mean that we deny that bad or evil exists, only that we do not allow our minds to dwell on such things.

### SONG - ALL THINGS BRIGHT AND BEAUTIFUL

The little flower that opens, The little bird that sings God made their glowing colors, He made their tiny wings.

The cold wind in the winter, The pleasant summer sun, The ripe fruits in the garden, He made them ev'ry one.

He gave us eyes to see them, And lips that we might tell How great is God Almighty, Who has made all things well.

**REFRAIN:** All things bright and beautiful, Creatures great and small, All things wise and wonderful, The Lord God made them all.

### THOUGHTS

#### OPTIMISM TEST

Is the glass half empty or half full? Maybe overflowing?

Is it a stoplight or a go light? Maybe a marvel of technology?

Do you see the rose or the thorns? Maybe the beauty of creation?

Do you automatically see the good or the bad in people and situations?

Or maybe the potential of what could be?

Are you a problem finder or a solution finder? A problem solver?



A woman called the utility company and complained that her electricity was out and asked what she should do? The voice on the other end advised, "Open your freezer and eat the ice cream."



A passerby asked a boy playing baseball what the score was. 27 to 0 said the boy. Aren't you discouraged the man asked. No said the boy we haven't been to bat yet.

A father observed his son throwing a ball up and swinging at it with his bat. Each time he would miss. He did this for hours and finally came inside. He told his father he was going to be a great baseball player. The father explained that it would be difficult for him to ever be a great baseball player since he couldn't hit the ball. The son explained that he was going to be a great pitcher.



☺ An optimist is one who refuses to look at the world through woes-colored glasses.

☺ An optimist is someone who puts a dollar in the collection plate and expects a hundred dollar sermon.

☺ An optimist is a middle aged man who believes the cleaners have been shrinking the waistbands of his pants.

☺ The optimist fell ten stories; at each window bar He shouted to his friend, "all right so far."



Do you know that a man was once court-martialed and sentenced to a year's imprisonment for being a discourager? It happened during the Boer War at the siege of Ladysmith. The fortunes of the town and garrison were hanging in the balance. This civilian would go along the lines and speak discouraging words to the men on duty. He struck no blow for the enemy, not one. He was just a discourager, and that at a critical time. The court-martial judged it a crime to speak disheartening words in an hour like that. - J. A. Clark



In a "Leadership" magazine article, Lynn Anderson described what happens when a people lose their vision. A group of pilgrims landed on the shores of America about 350 years ago. With great vision and courage they had come to settle in the new land. In the first year they established a town. In the second, they elected a town council. In the third, the government proposed building a road 5 miles westward into the wilderness. But in the fourth year the people tried to impeach the town council because they thought such a road into the forest was a waste of public funds. Somehow these forward-looking people had lost their vision. Once able to see across oceans, they now could not look 5 miles into the wilderness.

\_\_\_\_\_ ON THESE THINGS

INTRODUCTION

- A. PHILIPPIANS 4:8
- B. TROUBLES
- C. OPTIMISM OR PESSIMISM

I. WHATEVER THINGS ARE \_\_\_\_\_

- A. DEFINED
- B. JOHN 3:19-21

II. WHATEVER THINGS ARE \_\_\_\_\_

- A. DEFINED
- B. LUKE 8:11-15

III. WHATEVER THINGS ARE \_\_\_\_\_

- A. DEFINED
- B. PROVERBS 1:1-3
- C. JESUS IS JUST - ACTS 22:14
- D. THE LAW OF GOD IS JUST - ROMANS 7:12

IV. WHATEVER THINGS ARE \_\_\_\_\_

- A. DEFINED
- B. JESUS DIED TO PURIFY US - TITUS 2:11-14
- C. TO THE PURE ALL THINGS ARE PURE - TITUS 1:15
- D. THE PURE WILL SEE GOD - MATTHEW 5:8

V. WHATEVER THINGS ARE \_\_\_\_\_

- A. DEFINED
- B. ECCLESIASTES 3:11

VI. WHATEVER THINGS ARE OF \_\_\_\_\_

- A. DEFINED
- B. PROVERBS 15:30

VII. IF THERE IS ANY \_\_\_\_\_

- A. DEFINED
- B. 2 PETER 1:2-11

VIII. IF THERE IS ANYTHING \_\_\_\_\_

- A. DEFINED
- B. 1 CORINTHIANS 11:2
- C. 1 PETER 2:17
- D. ROMANS 13:7

CONCLUSION

## THINK ON THESE THINGS

SCRIPTURE - (Phil 4:8) 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 (or think) on these things.

### INTRODUCTION

#### A. TROUBLES

I've got a heap of troubles and I've got to work them out. But I look around and see there's trouble all about. And when I see my troubles, I just look up and grin And count all the trouble that I'm not in.

#### B. OPTIMISM OR PESSIMISM

Two shoe salesmen were sent to Africa.

One sent word back to the main office, "this is horrible, nobody wears shoes here."

The other sent this message, "great opportunity no one has any shoes."

C. MEDITATING ON POSITIVE THINGS KEEPS US OPTIMISTIC AND INSPIRES US TO DO BETTER IN OUR LIVES. NEGATIVE THINKING DOES THE OPPOSITE,

### I. WHATEVER THINGS ARE TRUE

A. TRUE, REAL, GENUINE AS OPPOSED TO FALSE, DECEPTIVE

B. (John 3:19-21) "And this is the condemnation, that the light has come into the world, and men loved darkness rather than light, because their deeds were evil. {20} "For everyone practicing evil hates the light and does not come to the light, lest his deeds should be exposed. {21} "But he who does the truth comes to the light, that his deeds may be clearly seen, that they have been done in God."

### II. WHATEVER THINGS ARE NOBLE

A. HONEST, HONORABLE, RESPECTED AS OPPOSED TO FLIPPANT AND CHEAP

B. (Luke 8:11-15) "Now the parable is this: The seed is the word of God. {12} "Those by the wayside are the ones who hear; then the devil comes and takes away the word out of their hearts, lest they should believe and be saved. {13} "But the ones on the rock are those who, when they hear, receive the word with joy; and these have no root,

who believe for a while and in time of temptation fall away. {14}

"Now the ones that fell among thorns are those who, when they have heard, go out and are choked with cares, riches, and pleasures of life, and bring no fruit to maturity. {15} "But the ones that fell on the good ground are those who, having heard the word with a noble and good heart, keep it and bear fruit with patience.

### III. WHATEVER THINGS ARE JUST

A. RIGHT, RIGHTEOUS & EQUITY AS OPPOSED TO UNJUST, WRONG, INEQUITY

(Prov 1:1-3) The proverbs of Solomon the son of David, king of Israel: {2} To know wisdom and instruction, To perceive the words of understanding, {3} To receive the instruction of wisdom, Justice, judgment, and equity;

B. JESUS IS JUST - (Acts 22:14) "Then he said, The God of our fathers has chosen you that you should know His will, and see the Just One, and hear the voice of His mouth.

C. THE LAW OF GOD IS JUST - (Rom 7:12) Therefore the law is holy, and the commandment holy and just and good.

### IV. WHATEVER THINGS ARE PURE

A. MORALLY CLEAN UNDEFILED AS OPPOSED TO MORAL POLLUTION, FILTH OR IMPURITY

B. JESUS DIED TO PURIFY US - (Titus 2:11-14) For the grace of God that brings salvation has appeared to all men, {12} teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age, {13} looking for the blessed hope and glorious appearing of our great God and Savior Jesus Christ, {14} who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself His own special people, zealous for good works.

C. TO THE PURE ALL THINGS ARE PURE - (Titus 1:15) To the pure all things are pure, but to those who are defiled and unbelieving nothing is pure; but even their mind and conscience are defiled.

D. THE PURE WILL SEE GOD - (Mat 5:8) Blessed are the pure in heart, For they shall see God.

### V. WHATEVER THINGS ARE LOVELY -

A. LOVELY OR BEAUTIFUL, THINGS THAT EXCITE LOVE OR KINDNESS AS OPPOSED TO UGLY OR PUTRID, THINGS

## THAT PRODUCE REVULSION

B. (Eccl 3:11) He has made everything beautiful in its time. Also He has put eternity in their hearts, except that no one can find out the work that God does from beginning to end.

## VI. WHATEVER THINGS ARE OF GOOD REPORT

A. REPUTABLE, HIGH QUALITY AS OPPOSED TO LOW, BASE, THINGS NOT GENERALLY WELL THOUGHT OF

B. (Prov 15:30) The light of the eyes rejoices the heart, And a good report makes the bones healthy.

## VII. IF THERE IS ANY VIRTUE

A. EXCELLENCE, MERIT OR GOOD POINTS AS OPPOSED TO LOW VALUE, BAD POINTS

B. (2 Pet 1:2-11) Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, {3} as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, {4} by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust. {5} But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, {6} to knowledge self-control, to self-control perseverance, to perseverance godliness, {7} to godliness brotherly kindness, and to brotherly kindness love. {8} For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ. {9} For he who lacks these things is shortsighted, even to blindness, and has forgotten that he was cleansed from his old sins. {10} Therefore, brethren, be even more diligent to make your call and election sure, for if you do these things you will never stumble; {11} for so an entrance will be supplied to you abundantly into the everlasting kingdom of our Lord and Savior Jesus Christ.

## VIII. IF THERE IS ANYTHING PRAISEWORTHY -

A. GOOD WORTHY OF POINTING OUT AS OPPOSED TO BAD POINTS

B. (1 Cor 11:2) Now I praise you, brethren, that you remember me in all things and keep the traditions just as I delivered them to you.

C. (1 Pet 2:17) Honor all people. Love the brotherhood. Fear God.

Honor the king.

D. (Rom 13:7) Render therefore to all their due: taxes to whom taxes are due, customs to whom customs, fear to whom fear, honor to whom honor.

## CONCLUSION

A. COMMIT TO THE LORD - (Prov 16:3) Commit your works to the LORD, And your thoughts will be established.

B. WHAT DO YOUR THOUGHTS REVEAL - (Rom 2:15) who show the work of the law written in their hearts, their conscience also bearing witness, and between themselves their thoughts accusing or else excusing them

## Philippians 4:8

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.