

Sermon Outline: Roll to Smother the Flames of Discontent Philippians 4:8 (2 Corinthians 6:1-10)

Introduction

- Transcendental Meditation – doesn't address the deeper issue that is a plague permeating the very nature of mankind; sin
- True peace of heart and mind does not come through becoming an "escape artist" from the realities of this world, but through faith in the One who controls and gives to the reality we face each & every day

I. What is the Biblical Understanding of Meditating?

- **Meletao** – carries the primary meaning of "to care for," denoting the idea of attending to, practice, or to be diligent in – emphasis is on "practice" or doing, as used in Acts 4:24 – "plot")
- **Logizomai** – Philippians 4:8 – carries the idea of placing to one's account, or to credit or to charge to someone (Romans 4:3; 2 Corinthians 5:19) – to "impute"
 - You might think of it as ascribing the things listed in our text to our circumstances in the confident expectation that God is at work even in the trials that are being endured – that we might acquire a calm, quiet, inward peace of contentment in our journey through this troubled life (v. 12)

II. "Meditate on these things" (Roll around in our minds to ascribe, or credit to whatever it is that is giving us anxious thoughts and stirring up a discontent spirit) on "Whatever things are . . ." – eight areas listed (looking at three today, the rest next Lord's Day)

1) **"Whatever Things are True"** – as revealed in God's word

- What is true concerning God, ourselves, others and our circumstances
- Not to conform our thinking to what the world says is true (Romans 12:2) – holding false views we will never conquer the anxious mind and discontented spirit
- Only by rolling around in our minds and embracing with a believing heart whatever things are true, as revealed in the Bible, will we be able to ascribe those truths concerning God, ourselves, others to our situation; which, in turn, will smother the flames of discontent

2) **"Whatever Things are Noble"** – "Honorable," "Above Reproach"

- Contrasted with speaking with a double tongue in 1 Timothy 3:8; gossiping in verse 11
- God conducts Himself entirely in a noble way (Ezekiel 18:32; 33:11)
- Think thoughts of good will and even doing will toward those who have done you wrong or treated you with disrespect (Matthew 5:44, 39; Romans 12:20)

3) **"Whatever Things are Just"** – "Right"

- Though what we go through may not be right or just from our perspective, we must never ascribe injustice to God
- We deserve death because of our sin (Romans 6:23a; cf. Genesis 2:17; Ezekiel 18:4); so anything less than that we are to consider God showing us grace and mercy no matter the injustice that may be done to us by men
- God is just in the trials we suffer (1 Peter 1:7-9; Hebrews 12:5-11)
- The conduct of the just person (Ezekiel 18:5-9; Romans 3:26)

Conclusion/Application