



Meditate on these Things (Philippians 4:8-9)

Meditate on these Things

“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. The things which you learned and received and heard and saw in me, these do**, and the God of peace will be with you.”

Philippians 4:8-9 NKJV

*Only two verses today, **Philippians 4:8-9**, and I think it best we start with the second one...*

Philippians 4:9

☑ *“The things which you learned and received and heard and saw in me, **these do**, and the God of peace will be with you.”*

Philippians 4:9 NKJV

☑ **These do!**

☑ **I will show you my faith by my works!** “What does it profit, my brethren, if someone says he has faith but does not have works? Can faith save him?... (James 2:14) Thus also faith by itself, if it does not have works, is dead. But someone will say, “You have faith, and I have works.” Show me your faith without your works, and I will show you my faith by my works. You believe that there is one God. You do well. Even the demons believe—and tremble! But do you want to know, O foolish man, that faith without works is dead? Was not Abraham our father justified by works when he offered Isaac his son on the altar? Do you see that faith was working together with his works, and by works faith was made perfect? And the Scripture was fulfilled which says, “Abraham believed God, and it was accounted to him for righteousness.” And he was called the friend of God. You see then that a man is justified by works, and not by faith only... (James 2:17-24) For as the body without the spirit is dead, so faith without works is dead also.” (James 2:26)

☑ **“Hear, O Israel: The LORD our God, the LORD is one!** You shall love the LORD your God with all your heart, with all your soul, and with all your strength.”

Deuteronomy 6:4-5 NKJV

- ☑ **The Hebrew “Hear”:** (šə·ma’) to hear, listen to, to obey, be obedient
- ☑ **Hearers and Doers!** “But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror; for he observes himself, goes away, and immediately forgets what kind of man he was. But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.” James 1:22-25 NKJV
- ☑ This is where the proverbial rubber hits the road! Everything else is just a mental exercise if you don’t mix hearing the Lord with action.
- ☑ **Prepare your heart to do!**
- ☑ Let us first prepare the soil of our hearts so we can be known as a “people of doing!” And let there be no mistake, no amount of good work will ever make you right in the eyes of God. Instead you do the work BECAUSE you are right in the eyes of God. You are actually God’s perfect artwork called to magnified Him because He set you apart to do so.

- ☑ **Created in Christ Jesus for good works!** “For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast. **For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.**” Ephesians 2:8-10 NKJV
- ☑ **Our “godliness muscle”.**
- ☑ **Exercise Godliness!** That being said, let’s get to work exercising our “godliness muscle”. “For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.” I Timothy 4:8 NKJV
- ☑ **Run the race**
- ☑ **Discipline Your Body!** “Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. Therefore I run thus: not with uncertainty. **Thus I fight: not as one who beats the air.** But I discipline my body and bring it into subjection, lest,

when I have preached to others, I myself should become disqualified.” I Corinthians 9:24-27 NKJV

☑ **Meditate on THE Word**

- ☑ “For the **word of God** is **living and powerful**, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account.” Hebrews 4:12-13 NKJV

☑ **Hide the word in your heart!**

- ☑ “**Your word** I have hidden in my heart, That I might not sin against You.” Psalms 119:11 NKJV

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.**” Philippians 4:8 NKJV*

☑ **Meditate on these things...**

- ☑ “Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the

seat of the scornful; But his delight is in the law of the LORD, **And in His law he meditates day and night.** He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper. The ungodly are not so, But are like the chaff which the wind drives away. Therefore the ungodly shall not stand in the judgment, Nor sinners in the congregation of the righteous. For the LORD knows the way of the righteous, But the way of the ungodly shall perish.” Psalms 1:1-6
NKJV

☑ **What are the “These do” things we should meditate upon?**

☑ ...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**— Philippians 4:8

☑ **Daily Preparation of your mind**

☑ **The renewing of your mind!** “I beseech you therefore, brethren, by the present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And **do not be conformed to this world**, but **be**

transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” Romans 12:1-2 NKJV

☑ **Take every thought into captivity!** “For the **weapons of our warfare** are not carnal but mighty in God for pulling down strongholds, **casting down arguments** and every high thing that exalts itself against the knowledge of God, bringing **every thought into captivity** to the **obedience** of Christ, and being **ready to punish all disobedience when your obedience is fulfilled.**” II Corinthians 10:4-6 NKJV

☑ **Truth—Realty, worth time attention, and energy**

☑ **The Word is Truth!** “The entirety of Your **word is truth**, And every one of Your righteous judgments endures forever.” Psalms 119:160 NKJV

☑ “Sanctify them by Your truth. **Your word is truth.**” John 17:17 NKJV

☑ **Y’shua is the Word!**

☑ “In the beginning was **the Word**, and the Word was with God, and **the Word was God**. He was in the beginning with God. All things were made through Him, and without Him nothing was made that was made. In Him was life, and the life was the light of men.

And the light shines in the darkness, and the darkness did not comprehend it." John 1:1-5 NKJV

☑ "And **the Word became flesh** and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth." John 1:14 NKJV

☑ "That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon, and our hands have handled, concerning **the Word of life**—" I John 1:1 NKJV

☑ "Jesus said to him, "**I am the way, the truth, and the life**. No one comes to the Father except through Me." John 14:6 NKJV

☑ **Noble—Royal, Golden, Highness**

☑ **Search the Word!** "These were more **fair-minded [noble]** than those in Thessalonica, in that they received the word with all readiness, and **searched the Scriptures** daily to find out whether these things were so." Acts 17:11 NKJV

☑ **But a generous [noble] man devises generous [noble] things!** "For the foolish person will speak foolishness, And his heart will work iniquity: To practice ungodliness, To utter error against the LORD, To keep the hungry unsatisfied, And he will cause the drink of the thirsty to fail. Also the schemes of the schemer are evil; He devises

wicked plans To destroy the poor with lying words, Even when the needy speaks justice. **But a generous [noble] man devises generous [noble] things,** And by generosity he shall stand.” Isaiah 32:6-8 NKJV

☑ **Just—Justice, fairness, equity**

☑ **Rule with Justice!** “Behold, a king will reign in righteousness, And princes will **rule with justice**. A man will be as a hiding place from the wind, And a cover from the tempest, As rivers of water in a dry place, As the shadow of a great rock in a weary land. The eyes of those who see will not be dim, And the ears of those who hear will listen. Also the heart of the rash will understand knowledge, And the tongue of the stammerers will be ready to speak plainly. The foolish person will no longer be called generous, Nor the miser said to be bountiful;”
Isaiah 32:1-5 NKJV

☑ **Do Justice!** “It is a joy for the just to **do justice**, But destruction will come to the workers of iniquity.”
Proverbs 21:15 NKJV

☑ **Seek Justice!** “Learn to do good; **Seek justice**, Rebuke the oppressor; Defend the fatherless, Plead for the widow.”
Isaiah 1:17 NKJV

- ☑ **Follow Justice!** “You shall **follow what is altogether just**, that you may live and inherit the land which the LORD your God is giving you.” Deuteronomy 16:20 NKJV
- ☑ **Bring your case before a just God and a Savior!** “Tell and **bring forth your case**; Yes, let them take counsel together. Who has declared this from ancient time? Who has told it from that time? Have not I, the LORD? And there is no other God besides Me, **A just God and a Savior**; There is none besides Me.” Isaiah 45:21 NKJV
- ☑ **Purity—Undefined, unmixed, whole, with integrity**

 - ☑ **Pure in Heart!** “Blessed are the **pure in heart**, For they shall see God.” Matthew 5:8 NKJV
 - ☑ **Cleanse Your Way!** “How can a young man **cleanse his way [be pure]**? By taking heed according to Your word.” Psalms 119:9 NKJV
 - ☑ **Do Not Defile!** “Do you not know that you are the temple of God and that the Spirit of God dwells in you? If anyone **defiles the temple** of God, God will destroy him. For the temple of God is holy, which temple you are.” I Corinthians 3:16-17 NKJV
 - ☑ **Seek Holiness!** “For God did not call us to **uncleanness [impurity]**, but in **holiness**.” I Thessalonians 4:7 NKJV

- Can a man be pure?** ““Can a mortal be more righteous than God? Can a man be **more pure** than his Maker?” Job 4:17 NKJV
- Yes, in Him he can!** “And everyone who has this hope in Him **purifies himself**, just as He is pure.” I John 3:3 NKJV
- Pure Eyes!** “You are of **purier eyes** than to behold evil, And **cannot look on wickedness**. Why do You look on those who deal treacherously, And hold Your tongue when the wicked devours A person more righteous than he?” Habakkuk 1:13 NKJV
- Lovely—Things which are beautiful in God’s eyes**
 - Those who bring good news!** “How **beautiful** upon the mountains Are the feet of him who brings **good news**, Who proclaims **peace**, Who brings **glad tidings** of good things, Who proclaims **salvation**, Who says to Zion, “Your God reigns!”” Isaiah 52:7 NKJV
 - His Name is Lovely!** “Praise the LORD! **Praise the name** of the LORD; Praise Him, O you servants of the LORD! You who stand in the house of the LORD, In the courts of the house of our God, Praise the LORD, for the LORD is good; Sing praises to **His name**, for it is pleasant [lovely].” Psalms 135:1-3 NKJV

- Praise is Lovely!** “Praise the LORD! For it is good to sing praises to our God; For it is pleasant, and praise is beautiful [lovely].” Psalms 147:1 NKJV
- Good Report—Uplifting Conversation**
 - Let God be true and every man a liar. **Whose report shall you believe? I shall believe the report** of the Lord
 - No Corrupt Talking!** “Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.” Ephesians 4:29 NKJV
 - Whose Report!** “Who has believed our report? And to whom has the arm of the LORD been revealed?” Isaiah 53:1 NKJV
 - Health to the Core!** “The light of the eyes rejoices the heart, And **a good report makes the bones healthy.**” Proverbs 15:30 NKJV
- Virtue—what is right in God’s eyes**
 - Do Good!** “Therefore, to him who knows to **do good** and does not do it, to him it is sin.” James 4:17 NKJV
 - A Man after God’s Heart!** “But now your kingdom shall not continue. The LORD has sought for Himself **a man after His own heart**, and the LORD has commanded him to be commander over His people, because you have not

kept what the LORD commanded you.”” I Samuel 13:14
NKJV

- ☑ “And when He had removed him, He raised up for them David as king, to whom also He gave testimony and said, ‘I have found David the son of Jesse, **a man after My own heart**, who will do all My will.’” Acts 13:22 NKJV
- ☑ **Walk in Integrity!** “He who walks with **integrity** walks securely, But he who perverts his ways will become known.” Proverbs 10:9 NKJV
- ☑ “The **integrity of the upright** will guide them, But the perversity of the unfaithful will destroy them.” Proverbs 11:3 NKJV
- ☑ “By this I know that You are well pleased with me, Because my enemy does not triumph over me. As for me, **You uphold me in my integrity**, And set me before Your face forever.” Psalms 41:11-12 NKJV
- ☑ **Testing the Heart!** “I know also, my God, that You **test the heart and have pleasure in uprightness**. As for me, in the **uprightness of my heart** I have willingly offered all these things; and now with joy I have seen Your people, who are present here to offer willingly to You.” I Chronicles 29:17 NKJV

- ☑ **Do all for Y'shua!** “And whatever you do in word or deed, **do all in the name of the Lord Jesus**, giving thanks to God the Father through Him.” Colossians 3:17 NKJV
- ☑ **Doing Good!** “who “will render to each one according to his deeds”: eternal life to those **who by patient continuance in doing good** seek for glory, honor, and immortality; but to those who are self-seeking and do not obey the truth, but obey unrighteousness—indignation and wrath,” Romans 2:6-8 NKJV
- ☑ **Praiseworthy—Things Yahweh would be proud of**
- ☑ **Doing What is Right!** “And being in Bethany at the house of Simon the leper, as He sat at the table, a woman came having an alabaster flask of very costly oil of spikenard. Then she broke the flask and poured it on His head. But there were some who were indignant among themselves, and said, “Why was this fragrant oil wasted? For it might have been sold for more than three hundred denarii and given to the poor.” And they criticized her sharply. **But Jesus said, “Let her alone. Why do you trouble her? She has done a good work for Me.** For you have the poor with you always, and whenever you wish you may do them good; but Me you do not have always. She has done what she could. She has come beforehand to

anoint My body for burial. Assuredly, I say to you, wherever this gospel is preached in the whole world, **what this woman has done will also be told as a memorial to her.**” Mark 14:3-9 NKJV

☑ “Let your light so shine before men, **that they may see your good works** and glorify your Father in heaven.”

Matthew 5:16 NKJV

☑ “**Who is like You**, O LORD, among the gods? Who is like You, glorious in holiness, Fearful in praises, doing wonders?” Exodus 15:11 NKJV

☑ **For what He does!** “I will **mention** the lovingkindnesses of the LORD And the praises of the LORD, **According to all** that the LORD has bestowed on us, And **the great goodness** toward the house of Israel, Which He has bestowed on them according to His mercies, According to the multitude of His lovingkindnesses.” Isaiah 63:7 NKJV

☑ **For Salvation!** “The LORD lives! Blessed [praiseworthy] be my Rock! Let the God of my **salvation** be exalted.” Psalms 18:46 NKJV

☑ **His Wonderful Works!** “We will not hide them from their children, Telling to the generation to come the

praises of the LORD, And His strength and His wonderful works that He has done." Psalms 78:4

☑ **To All Generations!** "So we, Your people and sheep of Your pasture, Will give You thanks forever; We will show forth Your praise to all generations." Psalms 79:13 NKJV

☑ **For Mighty Acts!** "Who can utter the **mighty acts** of the LORD? Who can declare all His praise?" Psalms 106:2 NKJV

☑ **For His Holy Name!** "Save us, O LORD our God, And gather us from among the Gentiles, To give thanks to **Your holy name**, To triumph in Your praise." Psalms 106:47 NKJV

☑ **For Avenging our Blood!** "When He **avenges blood**, He remembers them; He does not forget the cry of the humble. Have mercy on me, O LORD! Consider my trouble from those who hate me, You who lift me up from the gates of death, That I may tell of all Your praise In the gates of the daughter of Zion. I will rejoice in Your salvation." Psalms 9:12-14 NKJV

☑ **Real Discipleship**

☑ It is time to set the stage for what I consider the preeminent discipleship model in all of Scripture. You

would think that model would have been presented by the Apostle Paul, as he is the “scholar” of the New Testament. But instead we find it is the impetuous fishermen who has the honors. My discernment on the matter is that it takes the simplicity of a guy like Peter to bring us the profound simplicity of this technique. We find it in Peter’s second letter which is very short. It is three chapters, a total of 51 verses and 1514 words. It is written right at the end of his life. We know this because he tells us himself in the first chapter. *“Yes, I think it is right, as long as I am in this tent, to stir you up by reminding you, knowing that shortly I must put off my tent, just as our Lord Jesus Christ showed me.”* (II Peter 1:13-14) In a sense, this is Peter’s Last Will and Testament.


- ☑ The question you must ponder is this. What would you write to the most important people in your life if you knew you were going to die soon and you had limited time and space, let’s say 1500 words? You’d write only what was most important. Read the whole letter and consider the magnitude of what he is saying. And for our purposes today we will only be focusing on the first eleven verses of the first chapter. But know this, at the

end of the letter Peter refers to Paul and gives us a hint why it would have been more difficult for Paul to summarize this information. Peter does however affirm that Paul also wrote about the same things, although in a much more complex fashion. *“Therefore, beloved, looking forward to these things, be diligent to be found by Him in peace, without spot and blameless; and consider that the longsuffering of our Lord is salvation—****as also our beloved brother Paul, according to the wisdom given to him, has written to you, as also in all his epistles, speaking in them of these things, in which are some things hard to understand, which untaught and unstable people twist to their own destruction, as they do also the rest of the Scriptures.*”** II Peter 3:14-16 NKJV

☑ Read the first 11 verses of the letter and even though we can spend weeks on this, and perhaps 2 Peter will be our next letter to study after we complete Philippians, simply extract the seven stages of discipleship development, and the foundation upon which they all build.

☑ “Simon Peter, a bondservant and apostle of Jesus Christ, To those who have obtained **like precious faith** with us by the righteousness of our God and Savior Jesus Christ: Grace and peace be multiplied to you in the knowledge

of God and of Jesus our Lord, 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, 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. But also for this very reason, giving all diligence, **add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love.** For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ. For he who lacks these things is shortsighted, even to blindness, and has forgotten that he was cleansed from his old sins. Therefore, brethren, be even more diligent to make your call and election sure, for if you do these things you will never stumble; for so an entrance will be supplied to you abundantly into the everlasting kingdom of our Lord and Savior Jesus Christ.” II Peter 1:1-11 NKJV

 **The seven stages of discipleship development, and the foundation upon which they all build:**

- ☑ Foundation—0. **Faith:** “Now faith is the substance of things hoped for, the evidence of things not seen... But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.” Hebrews 11:1, 6 NKJV
- ☑ Free Faith—the type that has nothing to do with you; *‘like precious faith with us by the righteousness of our God and Savior Jesus Christ.’* “For I say, through the grace given to me, to everyone who is among you, not to think of himself more highly than he ought to think, but to think soberly, as **God has dealt to each one a measure of faith.**” Romans 12:3
- ☑ Stage 1. **Virtue:** Trustworthy and with clear ethical foundation: conforming to a standard of right morality and high moral standards; someone with their heart focused on God and Love, what is ethical according to God—does not change; someone who is trustworthy and can honor him; Doing all things according to God’s standards and on his terms and foundation! What is ethical, moral and right in God’s eyes.
- ☑ Stage 2. **Knowledge:** To be educated and to maintain a depth of understanding (of how things work or what’s

going on); possessing true facts or a condition or knowing something from experience or direct association and exposure; information, and skills acquired by a person through experience or education; the theoretical or practical understanding of a subject; knowledge is trusting in God; To know the heart of God on any matter—full knowledge of Jesus and the capability of discerning God’s heart on any matter; to fully understand something or a subject..

☑ Stage 3. Self-control: Ability to control ones abilities, wants and desires; restraint exercised over ones impulses, emotions and desires; full power or ownership of yourself; to be able to stop yourself from acting impetuously and react with calm; the ability to control oneself, in particular one's emotions and desires or the expression of them in one's behavior, especially in difficult situations; dying to self, nailing self to the cross, acknowledging spirit over soul and flesh and letting spirit rule; to be able to take over your own thoughts and hold captive things that we feel and think; bringing all things unto obedience of Messiah.

☑ Stage 4. Perseverance: To go through long periods of adversity and still maintain drive; continued effort to do

or achieve something in spite of repeated failure or opposition (or suffering); to never give on and strive to get to a goal or push through something that's hard; persistence in doing something despite difficulty or delay in achieving success; take up cross and following Him; obedience unto death, forever; push through trial and hard times and stay strong in faith, even unto death.

☑ Stage 5. **Godliness:** To be pure in mind, body and spirit; the quality of being devout; to desire God's will above all else, to run the good race with focus on the prize, store treasure in Heaven and be good and faithful servant; the pure mind of messiah—congruence of your soul and body with Spirit; behaving or acting like God would want you to behave.

☑ Stage 6. **Brotherly kindness:** To treat one as your family looking at the best in someone, unconditional forgiveness is at the heart of it; genuine compassion toward others; laying down ones self for another; an extension of the natural affection associated with near kin, toward the greater community, that goes beyond mere duty; always preferring others above yourself; always coming to serve rather than be served.

- ☑ Stage 7. Love: The greatest sacrifice possible, to lose everything you have, to give up your life for another; a choice to do so without any conditions; a choice to pick someone else over yourself; God is love, the divine nature is Love; love is everything God is.
- ☑ To your faith add...virtue, and so on up the ladder. Wherever you find the weak spot is where you need the correction. For example, unless you know what is right first, if you add knowledge, you will just be building toward something that is already wrong from the start. It would like aiming your rocket a fraction of a degree off target. And the faster you go and the further you travel, the more OFF THE MARK you are. In God's economy, if you you don't know what is right in His eyes first, don't make a move. It will only end badly.
- ☑ Then you can move onto to explore the pinnacle of discipleship—LOVE. See 1 Corinthians 13 to see the 16 attributes that define God's love.

NEXT WEEK

Content in Whatever (Philippians 4:10-23)