



## Joy-Filled Thinking

In *Discovering Joy in Philippians*, we dig into this verse:

When you look in the Greek at the word meanings, it provides direction of what to think to gain a more healthy life. Now personalize these to YOUR life by listing specific things you can enjoy thinking about in each area:

Noble: Honorable, reverent, dignified, gravitas

What is NOBLE to you?:

Right: Correct, just in the eyes of God, judicially approved

What is RIGHT to you?:

Pure: Holy, sacred, chaste, prepared for worship

What is PURE to you?:

Lovely: Pleasing, Agreeable, Worthy of Affection

What is LOVELY to you?:

Admirable: Good reputation, well report

What is ADMIRABLE to you?

Excellent: Moral goodness, virtue, upright

What is EXCELLENT to you?

Praiseworthy: Commendation, approved, recognized, fitting acknowledgment

What is PRAISEWORTHY to you?

What needs to change in your thinking? How can you weave patterns of habits of good thinking into your life daily?