



PHILIPPIANS 4:4-9 WEEK 3

ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS) IN THE FOLLOWING EXERCISES THIS WEEK

Our focus this week is **Philippians 4:8...** where our minds dwell

1. Warmup Exercises

Complete these exercises to get warmed up for our focus verses this week...

- **Read** Philippians 4:4-9 out loud.
- **Copy** Philippians 4:8.

2. Memorize

Memorize Philippians 4:8. Start now and add on sections throughout the week. Make sure to review verses 4-7 and put them all together as you gain confidence. *Helpful tips for memorizing are available on our website www.establishedfootsteps.com

3. Understanding and Discerning

In verse 9 we are instructed about a list of virtues in which we are to let our minds dwell. Instead of just looking at this list in a general way, it is wise to give attention to each one specifically for the purpose of understanding and discernment of its place in your thought life. So, to bring that clarity of understanding and to begin discerning, copy the list in your journal and leave a good amount of space underneath each one to complete the following:

- Look up the definition of each virtue and write out its definition.
- Consider the blessing that would come from mentally dwelling in each virtue. Journal your thoughts.
- Remember the last thought you had in each virtue. Describe each one.
- Now, write out the opposite of each virtue, including its definition.
- Remember the last thought you had in each of the opposite virtues. Describe each one.
- As you finish, ask the Holy Spirit to use the understanding and discernment you have gained in this series of exercises to help you identify where your mind most often dwells. In your journal, describe what He shows you.

4. Moving

If you have ever moved to a new dwelling place, you know that moving takes a huge amount of time, effort and resources. It doesn't happen overnight! Verse 8 is basically instructing us to move into a new dwelling in our minds. Left to ourselves, none of us will dwell in the virtuous thoughts of verse 8, so, we have to make time, give effort and use our resources. So:

- Using what you discovered in the series of exercises in #3, where do you need to move your thought life?
- What kind of time, effort and resources might it take you to move there?
- When we move physically, we often ask others to help. The same is true spiritually. Who can you ask to help you in prayer and accountability as you seek to ***"let your mind dwell on these things."***

5. Securing your Dwelling

As I meditated on this idea of dwelling in the virtues of verse 8, the Holy Spirit prompted me to think about the house where I live, and all the effort I make to secure it. We put much effort into securing our physical dwellings and as we think about this, it can also speak into the security of our spiritual dwelling as described in verse 8. In that regard, complete the following:

- Make a list of all of the ways you actively secure your physical dwelling place. Think with wide thoughts here, not just including safety from human predators, but think about weather, pests, insurance and more. As you consider your list, also include the money, time, energy and trust you put into this security.
- Make a list of all the ways you secure your spiritual dwelling, specifically your mind.
- As you consider your lists, ask the Lord if there are any changes you should make. Journal what He shows you.

6. Use the Scripture Prayer Image to pray into verse 8 and seeing it become a reality in your life...