



SERIES: Philippians (May / June) “Finding Joy in the Journey”

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Scripture: Philippians 4:8

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TITLE: The No-Fail Diet

We have a real problem controlling our diets, don't we? Now, I'm not talking about the food we eat. Instead, I'm talking about what we put into our minds. You've heard the phrase “Garbage in. Garbage out.” Everyone knows it. But few people believe it.

The Apostle Paul gave us the no-fail diet to winning the day in Philippians 4:8 (ESV).

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

About 3 years ago, I got into weightlifting. But I knew lifting wasn't enough - Changing or modifying my diet was essential to putting on the right kind of mass, while keeping my fat percentage low. Guess what? When I eat clean, I get good results. When I cheat and deviate from my set diet, the pounds go straight to my gut. (That's why I hide behind this desk.)

When we remember the context of this passage, it begins to make sense. Paul is saying, if you want to be full of joy and peace, remember Christ is near. Remember to stop, ask with gratitude, and receive. And if you want this peace and joy to be consistent, you have to focus on the right things. What are those things? They're the opposite of what is found on Netflix, Amazon Prime, Hulu, the news, and at the bookstore.

Paul says, we are to focus on **truth**. Now, what I'm about to say is counter-cultural. But the truth is not relative, and it is not hidden. Truth is objective, knowable, and beneficial for living. As my mother says, “Truth doesn't care about your feelings.” Ouch, Mom. But she's right.

Paul says, also focus on what is **honorable**. It means, worthy of respect. It's saying, “I'd watch this next to my mother or grandmother.” That's honorable.

We are to focus on what is **just**. In other words, focus on what God approves. Too many of us watch, listen to, or consume things that God hates.

We are to focus on what is **pure**, or **morally clean**, or **holy**.

We are to focus on that which is **lovely**, or attractive towards God.

We are to focus on what is **commendable**. This means, highly regarded. I think Scripture is a great example of that.

We are focus on the **excellent**, or **godly**.

This is an impressive diet to win the day.

So here's my challenge for you today: Cut out one thing that is garbage. Is it taking a break from social media? Is it not watching the national news, or listening to political commentary? Is it not watching that supposed binge-worthy streaming series full of sex, swearing, or violence? We all are cheating on our spiritual fitness diet. Cut it out. And then replace it with something that's true, honorable, and pure.

When we correct our spiritual diet, we will win the day.