

UNLEASHING THE POWER OF

# The 4:8 Principle

**Welcome! Developing a 4:8 Mindset**



*Finally brothers and sisters,  
whatever is true, whatever is noble,  
whatever is right, whatever is pure,  
whatever is lovely, whatever is admirable –  
if anything is excellent or praiseworthy –  
think about such things.*

**Philippians 4:8**



HOME

THE TOOLBOX

MEET TOMMY

BLOG

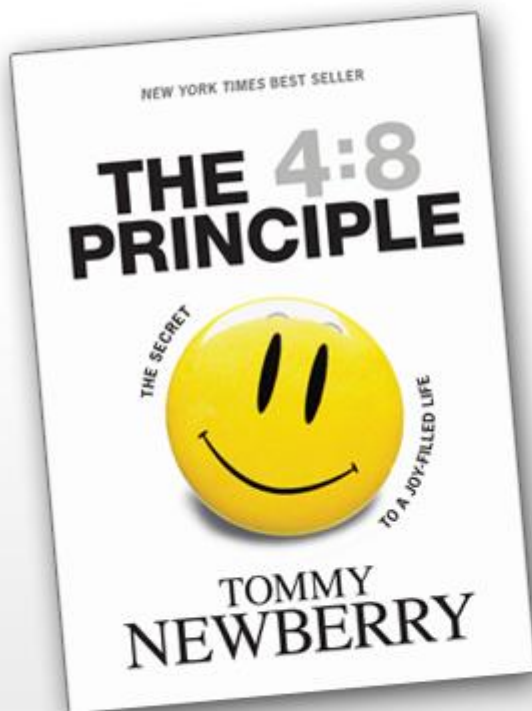
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“SUMMING IT ALL UP, FRIENDS,  
I'D SAY YOU'LL DO BEST BY  
**filling your minds** AND *meditating*  
ON THINGS **TRUE**, NOBLE,  
*reputable*, **AUTHENTIC**,  
compelling, **GRACIOUS** —  
**THE BEST**, NOT THE WORST;  
*the beautiful*, NOT THE U G L Y ;  
THINGS TO **praise**,  
NOT THINGS TO CURSE.”

-PHIL 4:8 (MSG)

CHECK OUT



# **Core Truths About Your Thoughts**

**Truth #1:  
You are responsible  
for your thoughts**



*...we take captive every thought  
to make it obedient to Christ.*

**2 Corinthians 10:5**



# **Core Truths About Your Thoughts**

## **Truth #2:**

**What you think is what you get**



**The mind is its own place  
and in itself can make a heaven  
of hell or a hell of heaven.**

*- John Milton*



*Those who live according  
to the sinful nature have their minds  
set on what that nature desires;  
but those who live in accordance  
with the Spirit have their minds  
set on what the Spirit desires.*

**Romans 8:5-6**





*The mind of sinful man is death  
but the mind controlled  
by the Spirit is life and peace.*

**Romans 8:5-6**



# **Core Truths About Your Thoughts**

## **Truth #3:**

**You can change your life  
by changing your thinking**



*...be transformed by the renewing  
of your mind...*

**Romans 12:2**



# **Core Truths About Your Thoughts**

## **Truth #4:**

**To get your best life now,  
develop a 4:8 mindset**



*Summing it all up, friends,  
I'd say you'll do best by filling your minds  
and meditating on things true, noble,  
reputable, authentic, compelling, gracious –  
the best; not the worst,  
the beautiful; not the ugly;  
things to praise, not things to curse...*

**Philippians 4:8**



## **4:8 Mindset**

**Whatever is true:  
conforms to reality;  
it's honest and valid**



## **4:8 Mindset**

**Whatever is noble:  
worthy of respect; dignified;  
elevated; honorable**



## **4:8 Mindset**

**Whatever is right:  
upright, just,  
worthy of God's approval**





## **4:8 Mindset**

**Whatever is pure:  
moral purity; not contaminated**



## **4:8 Mindset**

**Whatever is lovely:  
pleasing, agreeable or attractive**



## **4:8 Mindset**

**Whatever is admirable:  
praiseworthy or rings true  
to the highest standard**



## **4:8 Mindset**

**Whatever is excellent:  
outstanding,  
of exceptional merit**



## **4:8 Mindset**

**Whatever is praiseworthy:  
deserving of praise**





## **LIVING A 4:8 LIFE**

Your thinking shapes your life

- What are five things I am thankful for right now?
- What are five of my strengths or positive traits?
- What are five of my best achievements so far?
- Who are the five people who love me most?
- What five things am I looking forward to in the next seven days?

*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

**PHILIPPIANS 4:8**

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# The 4:8 Principle

**May 23-24 Maintaining a 4:8 Mind**

