

THINK ON THESE THINGS

Pastor Torin T. Sanders, Ph.D.

Point 1: We must watch/control our thoughts

Philippians 4:8 New King James Version (NKJV)

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.

⁸ 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. Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.

Point 2: Change your perspective on the trials you go through

James 1:2-4 The Message (MSG)

²⁻⁴ Consider it a sheer gift, friends, when tests and challenges come at you from all sides. You know that under pressure, your faith-life is forced into the open and shows its true colors. So don't try to get out of anything prematurely. Let it do its work so you become mature and well-developed, not deficient in any way.

Point 3: God is our everlasting protector and provider

John 10:28-30 The Message (MSG)



My sheep recognize my voice. I know them, and they follow me. I give them real and eternal life. They are protected from the Destroyer for good. No one can steal them from out of my hand. The Father who put them under my care is so much greater than the Destroyer and Thief. No one could ever get them away from him. I and the Father are one heart and mind.”

Point 4: Be comfortable waiting on God

Psalm 27:14 New King James Version (NKJV)

14 Wait[ⓐ] on the LORD;

Be of good courage,

And He shall strengthen your heart;

Wait, I say, on the LORD!

Philippians 4:11-13 (The Message)

Actually, I don't have a sense of needing anything personally. I've learned by now to be quite content whatever my circumstances. I'm just as happy with little as with much, with much as with little. I've found the recipe for being happy whether full or hungry, hands full or hands empty. Whatever I have, wherever I am, I can make it through anything in the One who makes me who I am. I don't mean that your help didn't mean a lot to me—it did. It was a beautiful thing that you came alongside me in my troubles.

GET YOUR SLEEP – SLEEP HYGIENE

TELL YOUR STORY

CELEBRATE SMALL ACHIEVEMENTS

MUSIC

