Sermon: **Fill your minds with those things that are good and that deserve praise** (Philippians 4.8)

Acting is a dangerous profession. Often you have to forget self and become the other person. It might mean doing/saying what you neither like nor agree with. In short you have to fill your mind with the other.
Can be disturbing as it can spill over into the rest of your life.

But it does give insight into TEXT.

Paul talks about problems in the church. Euodia & Syntyche *quarrelling* (4.2).

Sometimes we *disagree* in church (not liking colour of our new drapes, whether we should have morning tea or not under Covid 19)

In Philippi not disagreement but quarrelling - the result of worry. This shows a lack of trust.

Last week, Nicol looked at how we should not rely on our achievements or status, but on those of Jesus (see Philippians 3.4-8). This shows low self-esteem. Another example in Philippians 1.15: **some of them preach Christ because they are jealous & quarrelsome** – could be these other preachers *meant* to irritate Paul; so there must have been something wrong with their motives!

How can we change? Could do relaxation exercises, bite tongue or grit teeth, forcing yourself to be ‘nice’.

To some extent this helps, but hard to keep this up. Something more fundamental needed. TEXT. But how?

The process begins with a deliberate choice to invite God in. This might feel artificial and wrong at first.
But slowly inviting God’s presence changes you on the inside. Like in acting.

We are encouraged to put into our minds some good stuff. Paul talks about joy, gentleness as well as that which is true, noble, right, pure, lovely and honourable.

That is not bad, but TEXT is about *filling* our minds with these, so *no room* for the bad stuff.

Eg When meeting people always look for the best in what they say or do; this is not about being naïve.

In the end all this relates to our fundamental relationship with God, involving complete trust.

And the first step in reaching that level of trust is a conscious choice to invite God in.