



# Meditation

*How to keep your mind on the best things at work.*

## Philippians 4:8-9

**Philippians 4:8-9** – <sup>8</sup>Finally, brothers, 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.

<sup>9</sup>Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

(New International Version)

How does thinking about lovely things help us at work?

What kind of admirable things should we think about at work?

4:8 – What should be on our minds at work?

Why should we think about excellence at work?

Why is it so important to keep your minds on the right things?

What praiseworthy things should we think about at work?

What happens when people fail to keep their minds on the truth at work?

How can we be better at keeping our minds on the right things at work?

What kind of noble things should occupy our minds at work?

4:9 – What should we put into practice?

What happens when people fail to think about that which is right at work?

How does putting into practice Paul's teaching help us at work?

What pure things should we should think about at work?