

Meditate on Whatever Is True

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BIG SANDY, Texas—Here is one of the best pieces of advice that a mental-health professional can give to people: "Focus upon the positive factors of this life." It should come as no surprise that this concept is found in the Bible.

One verse that promotes this approach is Philippians 4:8.

Philippians 4:8—"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."

We will begin a series to talk about the characteristics mentioned in this verse. Today, we will talk about things that are "true."

Recognize negative

Before we look at this week's characteristic, I want to remind you about a realistic approach in life—recognize negative, but dwell on positive.

■ *Numbers 13:26-33*—Although the other spies became preoccupied with the negative factors, Joshua and Caleb recognized the challenges and focused upon God's promises.

■ *Luke 14:26-33*—The Son of God's instruction to count the cost includes recognizing the challenges and focusing upon God's promises.

Greek word in Philippians 4:8

Let's notice the Greek word used in Philippians 4:8.

■ *Alethes* (No. 227 in *Strong's Concordance*) is the Greek adjective in Philippians 4:8 translated as "true." It is used 25 times in the New Testament.

■ *Alethinós* (No. 228 in *Strong's Concordance*) is a Greek variation of the previous word that is also translated as "true." It is used 27 times in the New Testament.

- *Aletheuo* (No. 226 in *Strong's Concordance*) is a Greek verb translated "to speak truth." It is used two times in the New Testament.
- *Aletheia* (No. 225 in *Strong's Concordance*) is a Greek noun translated as "truth." It is used over 103 times in the New Testament.

Whatever is true

Here are some verses about what is true.

Matthew 22:16—"And they sent to Him their disciples with the Herodians, saying, 'Teacher, we know that You are true, and teach the way of God in truth; nor do You care about anyone, for You do not regard the person of men.' "

John 8:13-16—"The Pharisees therefore said to Him, 'You bear witness of Yourself; Your witness is not true.' Jesus answered and said to them, 'Even if I bear witness of Myself, My witness is true, for I know where I came from and where I am going; but you do not know where I come from and where I am going. You judge according to the flesh; I judge no one. And yet if I do judge, My judgment is true; for I am not alone, but I am with the Father who sent Me.' "

Romans 3:4—"Certainly not! Indeed, let God be true but every man a liar. As it is written: 'That You may be justified in Your words, and may overcome when You are judged.' "

1 Thessalonians 1:9—"For they themselves declare concerning us what manner of entry we had to you, and how you turned to God from idols to serve the living and true God."

Hebrews 10:22—"Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water."

Revelation 3:14—"And to the angel of the church of the Laodiceans write, 'These things says the Amen, the Faithful and True Witness, the Beginning of the creation of God.' "