

Healthy Thoughts

Psalm 69:30 *I will praise the name of God with a song, and will magnify him with thanksgiving.*

- 1) One way to praise the Lord is with a _____.
- 2) When you magnify something, you make it seem (bigger, smaller).
- 3) We magnify God with _____.
- 4) A godly life magnifies (God, problems, self).

1Thessalonians 5:16-18 *Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you.*

- 5) God tells us to rejoice only when things go our way. T or F
- 6) We should give thanks (for, in) everything.
- 7) Thanking God is obeying God. T or F
- 8) We connect with God by praying only over our meals. T or F

Philippians 4:8 *Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*

- 9) Give examples of things true, honest, just, pure, lovely, of good report, virtuous, praiseworthy.
- 10) Would obeying Philippians 4:8 be a healthy way to live? YES NO
- 11) Would Philippians 4:8 be a godly way to treat others? YES NO
- 12) Does God think of YOU in a Philippians 4:8 way? YES NO

Isaiah 26:3 *Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*

- 13) Who is "thee"? _____
- 14) People who are truly trusting God do not worry. T or F
- 15) If you want perfect peace in your life, you should think constantly about (what you own, your health, doctor's appointments, God)

2Corinthians 4:18 *For we fix our attention, not on things that are seen, but on things that are unseen. What can be seen lasts only for a time, but what cannot be seen lasts forever.*

- 16) Name something that lasts only for a time. _____. Can you see this thing with your eyes? YES NO
- 17) Name something that will last forever. _____. Can you see this thing with your eyes? YES NO
- 18) Are most of your problems with the things that last only for a time or with the things that last forever? (things that last only for a time, things that last forever.

KEEP YOUR ATTENTION ON GOD AND OFF YOURSELF. PRAY ABOUT EVERYTHING. REJOICE. BE THANKFUL. THINK THE BEST OF OTHER PEOPLE. TRUST GOD. THINK ABOUT THINGS THAT LAST FOREVER.
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