



**REDIRECTING THOUGHTS  
INSTEAD OF  
WORRYING**

*Whatever is Noble....*

<sup>6</sup> Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

<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—put it into practice. And the God of peace will be with you.

Philippians 4:6-9 NIV84

# Whatever is Noble...

English: noble, honorable, dignified, honest.

Greek: *semna*

1. “That which causes people to look up or causes people’s eyes to admire.” From *A translators Handbook on Paul’s Letters to the Philippians*.

2. “It implies that which is majestic and awe inspiring.”  
from *Linguistic Key to the Greek New Testament*

# Whatever is Noble...

When faced with worry, we must lift our eyes to that which is noble, majestic and awe-inspiring!

The awe of God must penetrate every area of our hearts & minds.

# Perfect Peace

3 You will keep in perfect peace  
him whose mind is steadfast,  
because he trusts in you.

4 Trust in the Lord forever,  
for the Lord, the Lord, is the Rock eternal.

Isaiah 26:3,4 NIV

# Are you living in awe of God?

- The consequence of not living in awe of God is living in worry and fear.
- If you are not captured by the awe of God, you will be captured by the awe of yourself or some other created thing. This is idolatry!

“Those who cling to worthless idols, forfeit the grace that could be theirs.” Jonah 2:8 NIV

# Are you living in awe of God?

13 “My people have committed two sins:

They have forsaken me,  
the spring of living water,  
and have dug their own cisterns,  
broken cisterns that cannot hold water.

19b Consider then and realize  
how evil and bitter it is for you  
when you forsake the Lord your God  
and have no awe of me,”  
declares the Lord, the Lord Almighty.

Jeremiah 2:13, 19b NIV

# The fruit of focusing upon whatever is noble...

## 1. Humility

5 “Woe to me!” I cried. “I am ruined! For I am a man of unclean lips, and I live among a people of unclean lips, and my eyes have seen the King, the Lord Almighty.” Isaiah 6:5 NIV

## 2. Peaceful Rest

<sup>9</sup> Whatever you have learned or received or heard from me, or seen in—put it into practice. And the God of peace will be with you. Philippians 4:9

28 “Come to me, all you who are weary and burdened, and I will give you rest. Matthew 11:28 NIV



**REDIRECTING THOUGHTS  
INSTEAD OF  
WORRYING**

*Whatever is Noble....*