
Stand-Alone Message

WHATEVER IS NOBLE

Philippians 4:8

By Josh McNall

Introduction: It seems obvious in matters of food and drink: what you consume affects our health, your mood, and your performance. But many of us still struggle with an “information diet” that is making us more anxious, angry, and distracted. Everyone recognizes the dangers: Smartphones, social media, online disinhibition, comparison, coveting, and a never-ending news cycle that drives us to outrage.

What’s the biblical answer to patterns of thought and behavior that are stealing our joy?

Hear these words from the apostle Paul:

Philippians 4:8 (NIV 2011): ⁸Finally, brothers and sisters, 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.

1. The Beauty of “Whatever”

2. The call to set your mind on what is good becomes especially important in times of chaos, conflict, and uncertainty

3. To embody Paul's command, we must reconfigure our "information diet"