

Thoughts That Transform Our Perspective & Cultivate Peace

Finally, 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. Philippians 4:8, NIV

Use the space below each type of “thought” to add another example or two.

True Thoughts

Truth is grounded in God’s Word and reflects reality as He defines it, not as we perceive it.

Example:

"God's promises are unchanging, and He is faithful to keep them." (2 Corinthians 1:20)

Noble Thoughts

Noble means honorable and worthy of respect, focusing on what lifts our hearts toward higher, godly values.

Example:

"I can honor others by showing grace and patience, even when life feels overwhelming."

Admirable Thoughts

Admirable thoughts inspire respect and uplift others, pointing us toward goodness and integrity.

Example:

"By choosing gratitude, I can inspire those around me to see the goodness of God."

Pure Thoughts

Purity involves thinking about what is morally clean, holy, and untainted by sin or negativity.

Example:

"I want to serve others today, not for recognition, but because it honors God and reflects His love."

Lovely Thoughts

Lovely thoughts bring delight, focus on beauty, and encourage love for God and others.

Example:

"I am deeply loved by God, who calls me His child and delights in me."

Excellent Thoughts

Excellence points to what is of the highest moral and spiritual quality, worthy of striving toward.

Example:

"I can use this trial to grow in perseverance, character, and hope."

Praiseworthy Thoughts

Praiseworthy thoughts honor and glorify God, inspiring worship and gratitude.

Example:

"God is faithful and His mercies are new every morning; great is His faithfulness!"
