

## Taking the Philippians Challenge

n/a

### **Ready:**

"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is any praise—dwell on these things." — Philippians 4:8

### **Set**

When I was in college, our FCA leaders were called the “God Squad.” We represented most sports and held each other accountable for our actions as ambassadors for Christ on the court and field. I remember after one game in which I got into a fight on the basketball court defending my point guard. My fellow squad members prayed for me that it would not negatively impact my testimony. I realized then for the first time that my life was either all godly, or all compromise. I apologized publicly at the next meeting for not representing Christ in public.

We later had a meeting that challenged us in regard to trash-talking. Was good-natured kidding that put down friends and teammates honoring to God? How did the things we listened to and watched impact our vocabulary and interactions? We were challenged to rate conversations, music, and movies according to these verses in Philippians, and to avoid anything that didn’t meet the standard. It was tough at first, but the reward of peace in mind, speech, and heart was worthwhile.

### **Go**

1. How do your conversations rate on the true, noble, right, pure, lovely, admirable, excellent, and praise worthy scale? Are you building others up according to their needs?
2. Paul challenges us to put into practice what we learn. Are you growing in your faith through practice?
3. How much peace do you have when you compete or coach? Are you Christ’s ambassador?

### **Workout**

Ephesians 4:25; James 3:1–13

### **Overtime**

Lord, help me purify my thoughts and speech so that I will represent You. Convict me of things I need to remove from my eyes, ears, and mouth that do not meet Your standards.

Please give me Your peace. Amen.

**Bible Reference:**

James 3



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