

# PLUS ULTRA

*Everything you do begins in your mind.*

*Cogito ergo sum. (I think; therefore I am.)*

**- Rene Descarte**

*“For as he thinks in his heart, so is he. “Eat and drink!” he says to you, But his heart is not with you.”*

**Proverbs 23:7 (NKJV)**

*8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. 9 Keep putting into practice all you learned and received from me— everything you heard from me and saw me doing. Then the God of peace will be with you. **Philippians 4:8-9 (NLT)***

***Plus ultra** (Latin) - English: "Further beyond" - to risk moving forward or to strive for excellence.*

God is never ever far away from us, but our way of thinking can dull our perception to the fact that He is always close at hand.

## TRUE

**Truth is like the goal posts of life... and when you have it. You know exactly where to aim to achieve your goal.**

*“He chose to give birth to us by giving us his true word. And we, out of all creation, became his prized possession.”*

**James 1:18 (NLT)**

## HONOURABLE

**σεμνά (semna):** *something that is worthy of respect.*

Honourable people:

- Trustworthy
- Honest

We need to surround ourselves with honourable people.

*“Walk with the wise and become wise; associate with fools and get in trouble.”*

**Proverbs 13:20 (NLT)**

## **RIGHT**

*“... whatever is right and confirmed by God’s word...”*

**Philippians 4:8 (AMP)**

**δίκαια** (*dikaia*): *righteous; just*

There is **no higher standard** of righteousness than the word of God.

*“and let us consider one another to provoke unto love and to good works:”*

**Hebrews 10:24 (KJV)**

We need to have God’s righteousness and justice within us **before** we can have any hope of sharing that with those around us.

*“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”*

**Romans 12:2 (NLT)**

## **PRACTICE**

*9 Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.*

**Philippians 4:9 (NLT)**

**When we actively learn and practice at the same time we put ourselves in a space where we can truly transform to who God has called us to be.**

**TRUTH:** *We need to first commit to the truth so all of our following steps have a strong and firm foundation.*

**HONOURABLE:** *We need to surround ourselves with honourable people.*

**RIGHT:** *We need to stick to the Word.*