

Feasting doesn't mean indulging or over-consuming; it means intentionally filling our hearts, our minds, and our souls with what feeds us spiritually

# BIBLICAL FEASTING

*Scripture Cultivations* 

## Feasting on God's Word

\_\_\_Jeremiah 15:16

\_\_\_Matthew 4:4

\_\_\_Psalm 119:103

\_\_\_John 6:35

## Feasting on Gratitude and Joy

\_\_\_Philippians 4:8

\_\_\_1 Thessalonians 5:16-18

\_\_\_Psalm 34:8

\_\_\_ Nehemiah 8:10

## Feasting on Worship and God's Presence

\_\_\_Psalm 63:5

\_\_\_Isaiah 55:1-2

\_\_\_Psalm 16:11

## Feasting on Rest and Peace

\_\_\_Exodus 33:14

\_\_\_Psalm 23:5

\_\_\_John 10:10

\_\_\_ 2 Corinthians 9:8

You can find the blog post , podcast, and video that go with this Scripture Cultivation at <https://beneaththefigtree.org>

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# Feasting on Philippians 4:8

## A Devotional Guide

"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)

### Step 1: Read & Savor

Before rushing through this verse, pause and breathe it in. Read it slowly three times—out loud if possible.

- What words or phrases stand out to you?
- How does this verse feel in your heart today?

Optional Practice: Write Philippians 4:8 by hand in your journal, on a sticky note, or somewhere visible to remind yourself of what you're feasting on.

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### Step 2: Meditate & Reflect

Each word in this verse offers an invitation to feast on God's goodness. Reflect on these categories:

- TRUE – What truth about God can you feast on today? (Example: His love never changes.)
- NOBLE – What honorable, God-honoring thought can you dwell on?
- RIGHT – Where do you see God's righteousness in your life?
- PURE – What is something purely good that fills your heart with joy?
- LOVELY – What beauty in creation or relationships can you thank God for?
- ADMIRABLE – Who is someone whose faith or character inspires you?
- EXCELLENT & PRAISEWORTHY – What can you worship God for today?

Optional Practice: Take one word per day and spend time meditating on that theme for a week.

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## A Devotional Guide

### Step 3: Engage & Activate

Here are ways to actively feast on this verse:

#### **Prayer Response:**

- Pray through each word, asking God to help you see, dwell on, and live out what is true, noble, right, pure, lovely, and admirable.

#### **Bible Connection:**

- Look up related scriptures that align with Philippians 4:8. (Example: Psalm 19:14 – “May the words of my mouth and the meditation of my heart be pleasing to you, O Lord.”)

#### **Journaling Prompt:**

- Ask yourself: What am I filling my mind with? How can I intentionally shift my focus toward these things?

#### **Worship Response:**

- Listen to a worship song that helps center your heart on truth, beauty, and goodness.

#### **Creative Practice:**

- Draw, paint, or create something that represents one of the words in Philippians 4:8.

### Step 4: Live It Out

Feasting on Philippians 4:8 isn't just about what we think—it's about how we live.

- Choose one word from the verse and intentionally practice it today.
- Ask yourself: What am I consuming today—social media, news, conversations? Do these things align with Philippians 4:8?
- Make it a habit: Each night, reflect on your day and name one moment that was true, noble, right, pure, lovely, admirable, excellent, or praiseworthy.

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*intentionally*  
filling our hearts,  
our minds,  
and our souls  
with what feeds us  
**spiritually**

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*Hey there friend.*

I'm Rose and at here Beneath The Fig Tree, my favorite God-assignment is coming alongside women to help them cultivate a devotional life they absolutely love so they experience the tangible, meaningful relationship with God they were created for!

I share lots of inspiration, tools, ideas and encouragement. You can connect with me and a whole community of (mostly) women I affectionate call "Figs" as we cultivate our devotional lives together.

Much love and gratitude,

*Rose Jordan*



Get the [Scripture Cultivations](#) sent to your inbox every month.

*Let's stay in touch!*

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