



For Further Study



Read and meditate on the passage below:

8 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)

Our brains are powerful organs. They influence and regulate what we think about and how we think about all the details of what we encounter each and every moment. We cannot control our initial thoughts or what pops into our minds, but we can control what we dwell on or “think about.”

The above verse comes from a letter attributed to Paul and addressed to the church in Philippi. Paul counselled these early believers to watch what they focus their minds on and what kinds of things they prioritize thinking about. Paul gives a list of virtues that serve as a filter or strainer to help us evaluate our thoughts.

Take some time to write down the things that are frequently on your mind right now. Then, stop and ask yourself the following questions. Observe how well or poorly what you are dwelling on in your mind reflects the characteristics that Paul emphasizes here:

- Is it true?
- Is it noble?
- Is it right?
- Is it pure?
- Is it lovely?
- Is it admirable?
- Is it excellent?
- Is it praiseworthy?



REFLECTION:

After evaluating your thoughts take time to redirect your mind to the attributes above.

PRACTICE:

Try to catch yourself throughout the week when your mind wanders.