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THINK ON THESE THINGS

Throughout the letter to the church at Phillipi (the book of Philippians) the apostle Paul often speaks of his own life and how he counted all that he had done as loss for the sake of Jesus Christ. He taught them to forget those things that happened earlier in life and to press on towards the mark, which is Jesus Christ. In chapter 4 he speaks about the peace of God that comes and guards our hearts and minds through Christ. Then he says in 4:8-9 some things for them along with us to think upon. They are:

First, we are to think on things that are true. This would mean to think on the things that truth comes from, and that truth is Jesus Christ. His words, which are the holy scriptures, must be meditated upon, then they will bring peace.

Second, we are to think on things that are honest. This would be to think on those things that are not sinful or dishonest. We are not to dwell on the negative things that others have done to us, but what God has done for us.

Third, we are to think on things that are just. Justice comes from the Lord, who is the only righteous judge. His way is always the right way.

Fourth, we are to think on things that are pure. Purity comes from guarding our minds and eyes from the filth of the world. It does not mean that we are not to be a witness to those that are lost in the world, but we must keep ourselves pure from the sin of the world.

Fifth, we are to think on things that are lovely. This could be anything from a beautiful rose to a sunset. It could be a cloud filled sky, or perhaps it is the smile of a newborn baby, or the clutch of the hand of an elderly person. Whatever is lovely brings joy to our hearts.

Sixth, we are to think on things that are of a good report. We must not continuously think upon the negatives around us. There are plenty of those, for sure, but what about when someone does something that is good? We should think upon that instead of the things that are bad.

Seventh, we are to think on things of virtue. Virtue is: having high moral standards, chastity, something good. Proverbs 31 speaks of the virtuous woman. This woman's example is a goal to set for one's life. It is a target to shoot for. Virtue is something to be treasured.

Eighth, we are to think on things of praise. It has been found that praise is one of the best weapons that we can use against our adversary, the devil. He hates praise, so we should use praise often. Praise changes the atmosphere.

When we choose to think on these eight things we don't have time to think on anything else.