

INTRODUCTION

We have to learn how to control our thoughts. When we think about our past too much we begin a cycle of reliving our past. The thoughts of our past often hinder us from doing what we know what we need to do in our present.

The Bible says in **2 Corinthians 10:4-5 (NKJV)**

⁴ For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds,
⁵ casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

Eliminating thoughts from our brains that once described us is not sufficient for a healthy spirit. We have to replace those thoughts with other thoughts. We have to occupy our minds (meditate) with thoughts that will help and not hinder; thoughts that will build up so that we won't think thoughts that tear down. The following verses tell us how to do that. To do it once or twice isn't good enough. We must follow these directions until it becomes a habit.

Philippians 4:8-9 (NKJV)

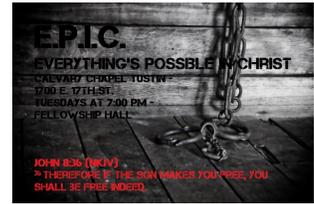
⁸ Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy--meditate on these things.

⁹ The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

With all of the fake news and hate speech that's flying into our homes via the daily news, it's hard to ignore them and meditate on things that are true. One way we can do this is turn off our television sets once in a while and focus on Jesus. He is the truth. Think on Him and what he's done in your life and the life of others and the world.

The protests of today pale in civility when compared to the way "peaceful protests" were conducted in the 1960's. The Rev. Martin Luther King always vetted the marchers by asking them certain questions prior to the march. He would ask, "If you don't think you can be called a name without shouting something back, don't get in the line!" If you don't think you can be hit without hitting back, don't get in the line." If you don't think you can control your anger, don't get in the line." These were noble acts witnessed by the entire nation by television. There are more noble things being done in the name of Jesus and usually seem to come to life during times of disaster.

Just doesn't always mean fair. There are many going to hell who are good people in our eyes but refuse to come to the knowledge of the truth. That doesn't seem fair, but it is just. There are many who have sinned against God; sins that are even heinous to the unbeliever but who later accepted Jesus Christ will go to heaven. It doesn't seem fair, but it is just.



Something that is pure is something without contamination. We sometimes hear the expression pure as “pure gold”. This term represents a gold that has no dross or other contaminants. Our Christian walk should be pure. We must never compromise our position in Christ by allying ourselves with the customs, mores, and morals of the society in which we live.

It has been said that “beauty is in the eye of the beholder.” The lovely things mentioned in this verse have nothing to do with one’s physical ability to see! If something lovely is going on, Stevie Wonder will be able to “see it.”

According to **Proverbs 15:30** a good report has a positive physical outcome.

³⁰ The light of the eyes rejoices the heart, *And a good report makes the bones healthy.* If we concentrate on the “good report” of people, destructive gossip can be stopped in its tracks.

Perhaps when we read the word “virtue” we think about the virtuous woman or the virtuous knight in shining armor. Both are correct and define this word to a tee! The question “if” in this verse is rhetorical.

If there is anything praiseworthy the question is also rhetorical. We often see and seek the underpinnings of a person or an idea, but we ought to concentrate on the things that God would deem worthy of praise. We need to see our fellow Christians as God sees them and praise God for them.

1 Peter 2:9 (NKJV)

⁹ But you *are* a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light;

God gave us five senses to make the best determination possible of any given situation. When we know we have seen, heard, been taught, accepted as true the things of God, we should express them in our own life. Not only will we be the better for it, physically, mentally and spiritually, God Himself, the One who gives us a peace that the world can’t understand, will be with us.