

Devotional: What We Dwell On (Part 2)

Christian Devotion about thinking on things that are good and worthy of praise

Finally, believers, whatever is true, whatever is honorable and worthy of respect, whatever is right and confirmed by God's word, whatever is pure and wholesome, whatever is lovely and brings peace, whatever is admirable and of good repute; if there is any excellence, if there is anything worthy of praise, think continually on these things [center your mind on them, and implant them in your heart]. - Philippians 4:8 (AMP)

We need to think on:

- Whatever is pure and wholesome—focus on what is wholesome. There is so much unwholesomeness, impurity and immorality all around us. We need to fill our minds with that which is morally right in God's eyes—which means we may need to evaluate what kind of T.V. shows and movies we watch, what kind of computer games we play and what kind of books/magazines we read. We need to prayerfully consider the entertainment we allow in our lives. If we can clearly see that an activity we're engaged in or something we're watching on T.V. is not pure and wholesome when aligned to God's standard in His Word, then maybe it's something we should remove from our lives. God does require us to be mindful of the kind of "entertainment" we give ourselves to. He needs to be Lord of our whole lives—body, soul and spirit.
- Whatever is lovely and brings peace—focus on the lovelier things of life, that which brings peace and tranquility. Appreciating the little acts of kindness from others or being thankful for the beauty of nature that we dare to take a moment to notice and enjoy. Don't be overly focused or consumed with the degeneration of society but commit it to God in prayer. Learn to appreciate the beauty that there is in our society, whether it be the beauty of God's creation or the random acts of kindness displayed all around us—that we so often miss in our busyness!
- Whatever is admirable and of good repute—focus on what has admirable qualities and a respectable reputation and standing. Having good character, which is aligned to God's Word, is more important to God than anything else in the world in which we may value as 'important' or 'successful'. Our reputation is of more value and most precious to God than what we accomplish on the world stage, because we represent Him—we are His ambassadors. So, let's represent Him well!

When we dwell on these things, we're centring our minds on them and implanting them in our hearts, and as a result, these qualities will be developed in our lives—the evidence of a life transformed. If we only focus on the negatives, we become negative and complaining, nit-picking, critical, living in self-pity and can even become depressed. We become what we dwell on and what we believe in—either for positivity or for negativity. Thinking on these things in Philippians 4:8 (and other scriptures), is the antidote. However, the antidote needs to be taken daily to stay immune to the disease of negativity, for it's then that we can truly live life in abundance!

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Additional Scriptures: [Proverbs 4:25\(AMP\)](#); [Colossians 3:2\(AMP\)](#); [Isaiah 26:3\(AMP\)](#); [Romans 8:5\(AMP\)](#); [Romans 12:2\(AMP\)](#); [Ephesians 4:22-24 \(AMP\)](#); [1 John 2:6\(AMP\)](#); [1 Corinthians 2:16\(AMP\)](#); [2 Corinthians 10:5\(AMP\)](#); [1 Thessalonians 5:21-22\(AMP\)](#); [2 Corinthians 5:20\(AMP\)](#); [Colossians 3:8-10\(AMP\)](#)

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