

THINK ON THESE THINGS

Read Philippians 4:6-8

Philippians 4:6; Psalm 55:22; Matthew 6:25; Luke 12:22-----I am not sure about you, but often I need to remember these verses! Do you ever worry? I do. Does worry provide any positive outcome? No. So, why do I worry? Don't know. Just can't help it. Can worry make me sick? Yes----ulcers and other GI upsets, headaches, etc.

My goodness----with those answers, why do we waste our time with worry? I don't know, except that most of us do worry about things. But, when I am worrying, does that mean that I am not fully trusting in God? Look at the Scriptures. It tells us many times not to fret, or worry. It also tells us many times that we can 'cast our care' on Him. (I sometimes think that I cast it on Him, but I must use a boomerang because it seems to come back to me. Not because God sent it back to me, but because I knew when I prayed that I was going to pick it up again.)

Philippians 4:6 tells us not only that we would 'be careful for nothing' (Don't worry about anything), but also that we need to come to Him in every situation with 'prayer and supplication with thanksgiving'. I can't worry at the same time I am giving thanks!!!! But, as I come to Him in prayer and thanksgiving, I can make my requests known to Him---and, guess what? He will answer. Is the answer always the one that I want? No, but it is always the right answer.

As a result, we can have the peace of God (vs. 7), and the God of peace (vs. 9). How can we go wrong with that combination?

Verse 8 tells us some things that we need to 'think on'. Whatsoever is:

- 1.) True----to be relied on; certain; correct; sincere
- 2.) Honest----straightforward; genuine; free from fraud
- 3.) Just----righteous and fair in action or judgment; impartial; accurate
- 4.) Pure----not mixed with anything else; clear; faultless; free from imperfection
- 5.) Lovely----beautiful; very pleasing
- 6.) Good report----accounts that would be beneficial to us

Verse 8 '...if there be any virtue...'. Virtue: moral excellence; active power to accomplish a given effect.

Verse 8 '...if there be any praise...'. Praise: to express approval; glorify God.

Could we say that active power and glorifying God can exterminate worry? What is your answer to that question? Perhaps we need to take a look at what is really important to us. What would make you very happy and thus relieve your worry? More money? Better job? More friends? A boat? Bigger house? Newer car? The list could go on and on. But, would not each of these bring more worries of their own? Everything from 'how do I make the payment' to 'I did not

know that all of my new friends would bring problems with them', etc. So, if more money, etc, is not the answer, how do I get rid of the worry? Try being thankful to God for all of His provisions. Enter into His gates with thanksgiving, and into His courts with praise. (Psalm 100:4)

Although I am unsure about you----but I think most will agree with how I feel about this----
“Depend on God and never worry” are easy words to say, but hard to put into practice. Perhaps we all need to remember, that we are nothing within ourselves, but “I can do all things through Christ which strengtheneth me.” (Philippians 4:13) If I could only learn to give everything to Him!!!

Prayer: Lord, may my mouth give forth praise to and of You. Help me to lift my voice and may the words of my mouth be acceptable in Thy sight. Amen

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(Most definitions from Webster's Dictionary)