

Occasional Update #9

3 December 2022

“Think on these things ...”

“ ... whatever is **true**, whatever is **honourable**, whatever is **just**, whatever is **pure**, whatever is **pleasing**, whatever is **commendable**, if there is any **excellence** and if there is anything **worthy of praise**, *think about these things.*” (Philippians 4:8)

Bad news versus Good news

Have you noticed that bad news can often generate fear and anger – though it can also bring us a sense of relief that it didn’t happen to us; and a certain ‘sympathy’ for those who were involved. But I’ve found that it can also be “addictive” in the sense that we often read, or listen to, or share the bad news with other people; this can feed the desire for it, rather than for what is good, positive, edifying, and beneficial. The media certainly tends to concentrate on the bad news for this reason – more people ‘want it’ and watch it! Think about the news you and I watch – what percentages of time are taken up by the good versus the bad? So much time is spent on Covid, Climate change, Conflicts, Crime, Economy, etc. (Sports news can be a relief to world news – unless ‘we’ lose!)

The verse above instructs us to be positive in our thinking and lists 8 areas as examples. We need to discern what is true, good and helpful, and think on these things, rather than what is false, harmful, evil, and destructive. The following are some of the ‘worthy’ areas we should be concentrating on.

Philippians 4:4-9

Rejoice (v4)	Joyful, happy, pleased	1 Corinthians 13:4-8a and Psalm 103
Gentleness (v5)	Caring, kind	Matthew 11:29 and James 3:17
Hope (v6)	Expecting what is good	Romans 12:12 and 1 Corinthians 13:7
Give thanks (v6)	Grateful	1 Thessalonians 5:16-18
Peace (v7)	Not fearful, anxious	Isaiah 41:10
Worthy (v8)	Worthwhile, beneficial, honourable	Revelation 3:4
Perseverance (v9)	<i>“Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.”</i>	

In the Beatitudes [beautiful attitudes] Jesus speaks about humility, righteousness, mercy, pure in heart, peacemakers ([Matthew 5:5-9](#))

- Think about For as a person thinks in their heart, so they are (Proverbs 23:7 KJV)
- These things Colossians 3:1-2. Romans 12:9-21 (below)

Marks of the True Christian

Something for us to think about, pray about, and practice [Romans 12:9-21]

Let love be genuine; hate what is evil, hold fast to what is good.

Love one another with mutual affection; outdo one another in showing honour.

Do not lag behind in zeal, be ardent in spirit, serve the Lord.

Rejoice in hope, be patient in suffering, persevere in prayer.

Contribute to the needs of the saints; extend hospitality to strangers.

Bless those who persecute you; bless and do not curse them.

Rejoice with those who rejoice, weep with those who weep.
Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are.
Do not repay anyone evil for evil, but take thought for what is noble in the sight of all.
If it is possible, so far as it depends on you, live peaceably with everyone.
Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, "Vengeance is mine, I will repay, says the Lord."
No, if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads.
Do not be overcome by evil, but overcome evil with good.

Good News:

Jesus was born so He could turn ...

Bad news – sin and death
into

Good news – forgiveness and life everlasting

Hallelujah!

To God be the glory, great things He has done, He so loved the world that He gave us His Son, Who yielded His life an atonement for sin, and opened the life-gate that all may go in.

Praise the Lord, praise the Lord, let the earth hear His voice,
Praise the Lord, praise the Lord, let the people rejoice,
O come to the Father through Jesus the Son,
And give Him the glory, great things He has done.

O perfect redemption, the purchase of blood, to every believer, the promise of God,
The vilest offender who truly believes, that moment from Jesus, a pardon receives.

Great things He has taught us, great things He has done, and great our rejoicing through Jesus the Son,
But purer, and higher, and greater will be, our wonder, our transport when Jesus we see!

So ...

“Go, tell it on the mountains, over the hills and everywhere,
Go, tell it on the mountains, that **Jesus Christ is born!**”

Matthew 28:18-20

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