

Donna's Devotional
"Think On These Things"

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. –Philippians 4:8

I remember my childhood pastor saying,
Sow a thought, reap an action,
Sow an action, reap a habit,
Sow a habit, reap a character.

We give thought to what we eat, knowing that it will affect our physical well being. The same idea can be applied to our mental well being. What we feed our mind affects our thoughts and determines our actions, habits, and character.

Our mind's appetite craves more of what we feed it. Meditating on things that are true, honest, just, pure, lovely and right develops an appetite for God's goodness. But if we are feeding our mind the garbage of our culture we will develop a taste for that instead.

What we watch, what we read, what we listen to will shape our views and values. I am appalled when I think of what was considered acceptable on TV when I was young and how that contrasts with the sinful messages conveyed on television today. I can see how the messages alter what we tolerate as acceptable. Allowing incorrect teaching and sinful ideas into our thinking can eat away at our understanding of right and wrong.

If an idea, action, or activity is not true or honorable, if it violates the Scripture in any way, then, God is not in it. If God is absent, then Satan is present. The enemy is fervently trying to draw our focus away from the Lord, away from what is virtuous and Christ honoring.

Everything the mind focuses on—including entertainment, teachings, and philosophies— is either Satan's garbage or the Lord's goodness. Believers need to be wise and feast on God's word.