



Focus on Good 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

Meditation: Often, the issue is not the ability to see, it is the inability to perceive the good in what is happening around us. The Bible tells us where to place our focus, so be intentional about where your focus is and think on those things!

Reflection: How am I perceiving what God is doing in my life? Am I being intentional about my thought life?

Prayer: Lord, your Word tells me where to put my focus, so please heighten my sensitivity to your Spirit. Help me to focus on the good and trust that you desire good for me.

Focus