

# Think About These Things

## Praying with the Philippians - Week 7

### Devotional

#### *Day 1: The Vastness of God*

Reading: Philippians 4:8

#### Devotional:

Imagine how vast the universe is—a canvas painted by a limitless God. Our galaxy, the Milky Way, is just one of potentially trillions in the universe, each with billions of stars. This immensity is a mirror of God's infinite nature. The Creator of this universe is concerned with the minutiae of our lives. He is both transcendentally great and intimately near, providing for our needs and crafting us one-of-a-kind, each with a unique purpose.

#### Application:

**Spend time today reflecting on the enormity of the universe and the greatness of God.** Take a few moments to pray and thank God for His creation and His attentive care in your life. As you pray, meditate on the fact that nothing is too big for God to handle, including any problems you might be facing.

## ***Day 2: Renewing the Mind***

Reading: Romans 12:2

### **Devotional:**

Paul calls us to focus our thoughts intentionally on what aligns with God's truth. Our thought life should center around what is true, honorable, right, pure, lovely, and commendable. This renewal is not a one-time event but a continual transformation aligning us with God's will. Realigning our thoughts with God's perspective allows His peace to govern our lives, creating internal clarity and deliverance from angst.

### **Application:**

Make a list of things consuming your thoughts. Compare them to the virtues in Philippians 4:8. **Identify** those that align with God's truth and those that distract you. Choose one distracting thought and practice replacing it with something honorable or pure throughout your day. **Reflect** at the end of the day on any changes in your peace or clarity.

## ***Day 3: The Power of Emotions and Feelings***

Reading: Philippians 4:7

### **Devotional:**

Feelings are powerful and can often be unreliable. They stem from initial emotional reactions but are shaped by our perceptions and experiences. Recognizing this, we have the power to choose our response, aligning it with God's peace. This peace, which transcends understanding, has the power to guard our hearts, safeguarding us from fluctuating emotions and grounding us in truth.

### **Application:**

When an emotion arises today, take a pause before reacting. **Ask** yourself if your feelings align with God's truth. **Pray** through your feelings, inviting God's peace to guide your response.

## ***Day 4: Practicing Daily Gratitude***

Reading: 1 Thessalonians 5:16-18

### **Devotional:**

Gratitude is a powerful tool that reshapes our focus. When gratitude becomes consistent, we shift from anxiety to peace, from dissatisfaction to contentment. The command to give thanks in all circumstances acknowledges God's sovereignty and goodness, regardless of how we might feel. Practicing gratitude continuously aligns our hearts with God's provision and goodness.

### **Application:**

Start a gratitude journal. Each day, write down three things you are thankful for, large or small. As you write, **meditate** on these blessings, recognizing them as gifts from God.

## ***Day 5: Peace in God's Provision***

Reading: Philippians 4:9

### **Devotional:**

Paul encourages us to not only dwell on virtuous thoughts but also to practice and embody these values actively. The culmination of right thinking and faithful practice assures us of God's peace, which anchors us amidst life's uncertainties. God's peace is not passive but actively engages us in a life reflecting His character and goodness.

### **Application:**

Choose one virtue from Philippians 4:8 to intentionally practice today. For instance, if you choose "commendable," aim to commend someone's effort or character genuinely. **Reflect** on how embodying this virtue grounded you in peace and consider ways to integrate these practices into your daily life permanently. **Pray** for strength and consistency in living out these truths.