

Dwell on These Things

“Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable — if there is any moral excellence and if there is anything praiseworthy — dwell on these things.”

Philippians 4:8 CSB

Going into 2023, I did not plan on having a verse of the year. However, this verse became my theme of the year. I spent many months memorizing this verse and really trying to apply it to my life.

One of the lessons that came out of it was realizing how much “information” that I consume in a day. Between social media and television, there is so many things competing for our complete attention. Our minds were not made to consume this much. And if anyone is like me, all this information gives me dread and lingering anxiety and sometimes even can put me into a depressive state.

So, like Josh says in his sermons so many times we need context when we are looking at one verse in the Bible. This verse starts with “finally” so lets look at the verses before to see why would need to dwell on things that are true, honorable, just, pure, lovely, and commendable.

“Don’t worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.”

Philippians 4:6-7 CSB

Here in these verses, it tells us not to worry about ANYTHING. I know as women that is a really hard statement to do. We tend to worry about everything. So, through prayer and petition, we need to take all of our worries and stresses to the Lord and HE will give us peace. Through Him our hearts and mind will be guarded through Christ. Then, we can dwell on these things which are all of those qualities that help bring joy and light to our lives. If we just dwell on all the things that are wrong and bad in the world, we won’t be able to see how God is redeeming people through the brokenness of our world.

If you are struggling with the overwhelming information that our world brings, the Bible gives us the road map to put these down at Jesus’s feet. Then we can dwell on those things that bring joy into our lives. We were not meant to consume and bear the burdens of what we read, watch, or listen too. God cares about each and every worry or heartache that you feel, take those to the Lord and trust that he has a plan for all things.

-Emily Hersman