

“Meditate on these things”

How much time do you spend thinking about the things you have to do and places you have to be? The cares of the world can become stressful, heavy on the shoulders. We are often too easily occupied by the events, schedules, plans, and deadlines that give us anxiety. Maybe it is something you have to do for work, for school, or your family. Usually, the concerns we have about the things going on in our lives are completely valid. You undoubtedly have some important things going on, things that have to be taken care of. However, if your mind is in a fog of stress over the burdens that are on your shoulders, consider what Jesus said about the superficial things in our lives.

Matthew 6:25-34

25 “Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? **26** Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? **27** Which of you by worrying can add one $\frac{1}{2}$ cubit to his $\frac{1}{2}$ stature?

28 “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; **29** and yet I say to you that even Solomon in all his glory was not $\frac{1}{2}$ arrayed like one of these. **30** Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, *will He* not much more *clothe* you, O you of little faith?

31 “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ **32** For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. **33** But seek first the kingdom of God and His righteousness, and all these things shall be added to you. **34** Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.

If we turn our focus to God and live in an acceptable way before Him, we can have confidence in the other areas of life. But, that is not to say our physical needs will always be provided for in abundance. Christians are not promised an easy earthly life. However, Christians *are* promised peace when facing extremely difficult earthly lives. When was the last time you made the conscious choice to slow your

mind down, pray to God, and spend time thinking about His word? Consider these words from the apostle, Paul.

Philippians 4:8-9

8 Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things. **9** The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

How comforting it is that we can turn our minds to things that are noble, pure, just, lovely, of good report, virtuous, and praiseworthy. Consider where to find those thoughts. It is in God's word! The scriptures contain the comforts that we need in order to find the peace that God can grant us. Notice, in verse 9, Paul says "...the God of peace will be with you." God certainly is the God of peace. Learning about Him and obeying Him through the knowledge found in His word will bring us the courage, peace of mind, and zeal to face every day, no matter how difficult the earthly challenge.