

Bible Reading: **Philippians 4:8-9**

Devotional Thought:

What we allow our minds to focus on influences our actions. That's why it's so important to pay attention to what we are thinking about.

Are we focusing on the freedom we have in Christ?

Are we intentionally renewing our minds with God's truth?

Or are we allowing our minds to replay over and over again our past mistakes, untruths, or hurtful words spoken?

God made our minds to be powerful, but we must learn how to cultivate thoughts that are helpful and life-giving instead of harmful and hurtful. What we think about many times we bring about.

Let's examine our lives and the information we are allowing to influence our minds through television, books, and the internet.

May we choose to focus on God's truth instead of the world.

SOAP Journal:

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Bible Text:

Philippians 4:8

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Bible Reading: Philippians 4:1-9

Questions for Reflection:

What are the specific things Paul urges his brothers and sisters to do?

How does the Lord make it possible for them to do these things?

What are you anxious about today? Follow the instructions in v. 6 as a guide for prayer. Consider memorizing vv. 6-7.

SOAP Journal:

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Bible Reading: **Philippians 4:10-13**

Devotional Thought:

Our view of life and our relationship with Christ influences our contentment.

When we have a heavenward view of life and realize there is no such thing as “heaven on earth” - that this world is not our home and the best is yet to come - we no longer long to build up treasures here.

Our focus changes from “What can I get?” to:

“What can I do?”

“How can I serve?”

“How can I help?”

As we take on a servant attitude and we realize the task God has called us to, we find lasting contentment, no matter what comes our way.

Rest in the fact that God will equip us with all that we need to accomplish what He asks - not with our own strength, but with His.

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