

October 8, 2023



Daily Reflections

Photo by Sr. Karin Nürnberg, CSJ, from the Abbey St. Hildegard in Eibingen, Germany

THINK ABOUT THESE THINGS

By Sr. Katherine (Kit) Gray, CSJ

Introduction

Paul established the Christian Community in Philippi about 49 a.d. and he wrote to “all the holy ones in Christ Jesus who are in Philippi” about 10 years later. Scripture scholars suggest that the letter is actually a combination of three letters that Paul wrote to this community over several years. In this short (4 chapters) letter that has come down to us, Paul appeals to the community for unity. He exhorts his readers, “If there is any encouragement in Christ, any solace in love, any participation in the Spirit, any compassion and mercy, complete my joy by being of the same mind, with the same love, united in heart, thinking one thing” (2: 1-2). Today’s reading takes up that theme: “think about these things...” (4:6-9)

Today's Second Reading

Brothers and sisters:

*Have no anxiety at all, but in everything,
by prayer and petition, with thanksgiving,
make your requests known to God.
Then the peace of God that surpasses all understanding
will guard your hearts and minds in Christ Jesus.
Finally, brothers and sisters,
whatever is true, whatever is honorable,
whatever is just, whatever is pure,
whatever is lovely, whatever is gracious,
if there is any excellence
and if there is anything worthy of praise,
think about these things.
Keep on doing what you have learned and received
and heard and seen in me.
Then the God of peace will be with you.*

PHILIPPIANS 4:6-9



Clear drinking glass filled with water
Photos by Stephan Müller

Reflection

Paul invites us to “think about these things”—the true, honorable, just, pure, lovely, gracious, excellent, and worthy of praise. Thinking about “these things”

can be, I think, an antidote to the false, divisive, unjust, polluted, misshapen, angry, poorly done, and open-to-criticism realities in our world. Our world is “beautiful yet wounded.”

For Pondering

- Are my thoughts focused on the “beautiful” or the “wounded” in our world?
- How much of what I read, hear, talk about focuses on the “beautiful”? On the “flawed”?
- Am I a “glass half empty” or “glass half full” person?

At the end of the day, make a list of honorable, just, pure, lovely, gracious, excellent, and/or worthy of praise things or situations you experienced.

Think about these things!

For Prayer

Loving God,

Help me to see and rejoice in all that is just, pure, lovely, gracious, excellent, and worthy of praise in our world.

Help me to see and affirm the good in others and in myself.

Help me to notice your presence and action in my life and in our world.

Amen.

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