

Meditation 3

Philippians 4:4-9

“Think about these things...then the God of peace will be with you!”

“Rejoice in the Lord always. I shall say it again: rejoice! Your kindness should be known to all. The Lord is near. 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, 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.”

Points for Meditation

1) “...think about these things.”

“ . . . Before reading, recollect yourself before me. Feel my breath and imagine being in my presence full of love and salvation; imagine that I’m speaking to you personally. Ask my Spirit to reveal my word to you and to open your heart to me. Then sit down and read the passage attentively what I suggest to you. Let every word enter deeply into your heart; try to taste it, to savor it, to repeat it until it penetrates you. Believe that I myself am addressing every word to you. . . Look at me and let me look at you. . . and listen in silence to my response. . .” (Raniero Cantalamessa).

2) “Key to Holiness and an Abundant Life Is Working with God to Control Thoughts”

3) “. . . Then the God of peace will be with you!”

Possible Resolutions

- 1) After due reflection upon your thinking habits, come up with a practical plan of action to control your wayward thoughts and share it with your mentor.
- 2) Pray to God for the “gift of right thinking” today. Maybe simply pray, “Lord, give me the gift of right thinking!”
- 3) Memorize this sentence from St. Paul’s letter to the Philippians, “. . . 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. . . then the God of peace will be with you.”

Notes
