



All That is Lovely...by Miriam Burt

If anything is excellent and if anything is admirable, focus your thoughts on these things, all that is true, all that is holy, all that is just, all that is pure, all that is lovely, and all that is worthy of praise. – Philippians 4:8

Years ago, in a co-worker's office, I saw the above verse framed and hanging on the wall. I found the message compelling and the language lovely. And I was moved by my colleague's willingness to display his faith in such a prominent way.

Now, years later, the words speak to me even more clearly. A pessimist by nature, I find it easy to focus on what is wrong in my life and in the world.

But every day, there is so much that is right! The setting sun clothing the mountains in deepening shades of pink and purple. The taste of the homemade chicken soup my neighbor brings over after my knee replacement surgery. Church members digging into their pockets to help fund clean water for our Navajo brothers and sisters. The shivers down my back when the choir voices meld perfectly and soar up to (and beyond, I know) the ceiling of the chancel.

So, I remind myself daily to enumerate some of the *uncountable* blessings the Lord provided for me that day, both large and small. Then I offer praise and thanks. Finally – and this is the hard part – I try to follow Christ in loving my neighbor and reflecting that love in at least one small way each day.

Journaling:

What are two or three blessings the Lord has showered on you today? Can you think of different ones tomorrow, and the next day, and the next day, and so on?

What specific action can you take today to reflect God's love to someone you know who needs to learn of or be reminded of this love?

