

Thoughts of Excellence and Praiseworthiness

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent and praiseworthy, think about such things." (Phil 4:8)

REFLECTION

What thoughts visit you most often? Happy ones? Worries? Concerns for your future or family? Philosophical conundrum? World affairs? Human nature? Politics? Food? Poverty? Your spiritual well-being? These are some of the random things I think about when I am in a contemplative mood. Of course, there is nothing wrong thinking about such things. But we have to feed our minds with more than just those kind of thoughts I mentioned above. As advised by Paul it is desirable to fill our thoughts with ideas and virtues which are praiseworthy and excellent. These are the things which will nourish our minds, build our character and make us better people. Next time when you are in a contemplative mood, give time to think about what is true, noble, right, pure, lovely and admirable, instead of entertaining negative and sinful thoughts. And then see how your attitude will be changed by God over time.

PRAYER

Father God, you have blessed us with regular meals, a shelter over our heads, a school for us or our children to attend, enough money to purchase what we need and extra cash for new clothes and cars. Teach us to be grateful people that we thankful for what we have been given and not complain of what we lack. Help us to be thoughtful and generous people, always looking out for opportunities to serve you and to share our blessings with others who may go to bed hungry, worrying about paying their utility bills and finding pocket money for their children. O, Lord teach us to be grateful and generous people. Amen.

SUPPLICATION

- There are many things we can be thankful for. We can thank God for a relatively good life growing up in Singapore, in spite of occasional bumps and headwinds like what the world is going through now. We thank God for clean water, easy access to medical care and a safe place to live. We thank God for friends and families who are usually there for us when we need someone to walk with us, pray with us and support us.
- Pray for the leaders of churches in Singapore. The Anglican Church and the Methodist Church have elected new Bishops to provide episcopal leadership. May God grant them wisdom, courage and strength to carry out their responsibility. May God give them trustworthy colleagues who will offer support in shepherding their flock, helping them to grow in their faith and Christian witness.
- For all the pastors in the churches, ask God to fill them with the Holy Spirit and with special blessings that will enrich their ministry. We pray for pastors to give their best without being bothered by expectation of success. And that our Lord will help them to strive to be faithful in loving God and tending to their sheep.
- We want to pause and say a special prayer for a friend or a family member. It could be a prayer for healing of an illness or a healing of broken relationship. We name them here, and pray for _____, asking God to restore their health if they are sick, and mend relationship if it is strained.

*"Dear Lord and Father of humankind,
Forgive our foolish ways;
Re-clothe us in our rightful mind,
In purer lives thy service find,
In deeper reverence praise."
(John Greenleaf Whittier)*

**If you need any prayer or pastoral care support,
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