

Where's Your Chair?

Philippians 4 8-14



Those who have clean hands and a pure heart,
who have not lifted up their soul to an idol, nor sworn an oath to a lie;
'Shall receive a blessing from the Lord, a just reward from the God of their salvation.'
Psalm 24:4-5

Praising:

May the mind of Christ my
Saviour
live in me from day to day,
by his love and power controlling
all I do and say.

Reading:

Philippians 4:8-14
Think about these things

Making space each day for
Where is your chair? is the first
step in saying that we want more
time for thinking. Where do we fit
into the world? How good are our
relationships? What is the
purpose of our day to day living?
The people Paul was writing to
were more self-consciously
philosophical than most people in
the west are today. Perhaps that
made Paul concerned, that
among all the other ideas and
theories in circulation there was

something more precious to be
gained by meditating on the
truths of God. He is certainly
saying that if we turn away from
some values and towards others
it will be better for our souls.
Especially since so much of what
we think about is coloured by so
much around us that we have no
control over.

Listening:

Praying:

Lord as we come before you in
prayer

- our heads are spinning with
things we cannot change yet
cannot let go of
- emotions and attitudes control
us which are so much less
than worthy of you
- but you come to us with a
peace that lies only in your
grace and gift

Father: I have so much to think
about, all the time. Show me
what's not worth the effort, and
make me strong to turn my mind
to your divine presence, the
secret of life itself. Amen

Doing:

Wednesday, 02 March 2016