**Wednesday 1st April**

Philippians 4: 8

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 or praiseworthy – think about such things.

I wonder what is occupying your thoughts today? It is a beautiful morning! That’s somewhere to start. It can be difficult when we are alone and have time on our hands, and are being bombarded by bad news every time we switch on the TV or radio not to allow our thoughts to become negative. So much of the battle is in our minds. But St Paul, here, gives a wonderful list of things to fill our thoughts with instead. This is far more than just the power of positive thinking. Dwelling on these ‘whatevers’ will cause us to think on Jesus, who is all these qualities personified. Thinking on these things insures that our thoughts are focussed on a greater reality –the Kingdom of God that is more real than all that we see and fear.

*Lord, help us today to fix our minds on you – the one who is true, noble, right, pure, lovely, admirable, excellent and praiseworthy. Teach us to ‘take every thought captive’ and not to entertain thoughts that would feed fear. We pray today for those who feel overwhelmed and afraid. We ask that they would find peace and hope through you Jesus – that they would call on your name and find that you are strong to save. We continue to pray for an end to this virus. We pray for all those working hard to find medical solutions – would you inspire them with ideas from heaven. We thank you that you are the sovereign Lord God and that you are working your purposes out. In Jesus name. Amen*

