

THE GOOD NEWS GAZETTE

MAY 2013

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Volume 01

Think on these things...

Philippians 4:8-9

Negative news sells, and many seem to enjoy reporting and talking about the sensational and sad stories of our times. Look at almost any news show and count the number of negative stories versus positive ones. One study by Gerald Stone and Elinor Grusin found that 46.8 per cent of news stories were negative compared to 25.1 per cent positive news stories. According to Jordan Chittley negative news affects people's levels of optimism and happiness. The more negative news people watched, the more likely they were to feel tense, afraid, sad, and frightened. Have you ever felt overwhelmed with the events or news of the day? It can be oppressive and discouraging, but God, through His word, has the answers.

In Philippians 4, Paul concludes his exhortations to the Christians in Philippi with the following words. "Finally, brothers, 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. Whatever you have learned or received or heard from me or seen in me-- put into practice. And the God of peace will be with you."

Paul's writings give us a cause effect scenario in these scriptures. He says that if you'll do 'A'; then you'll get 'B.'

What is the 'A'? The 'A' Paul gave the Philippians and us has two parts. First, he tells us what to think. Paul says, to think about "**whatever**" is

true
noble
pure
lovely
admirable
excellent
praiseworthy

Did you notice that **every** item Paul tells us to think about is a positive concept, thing, or idea?

In the second part of the verses, Paul says "**whatever**" you have

learned from me
received from me
heard from me
seen in me

put these things into practice in your lives. Paul lived as an example and model of how he wanted Christians to act and behave. He taught, gave, spoke, and made sure his actions were seen by the Christians in Philippi.

As a young child, I learned a lot of what most call children's Bible songs. One of the earliest, simplest, and most influential songs I remember is the "Oh, Be Careful..." song. Each verse talks about a different part of the body and how important it is to carefully act and behave. The lyrics say 'Oh, be careful little feet where you go.' Other verses say to 'be careful little hands what you do,' 'be careful little eyes what you see,' and 'be careful little ears what you hear.' If you don't know this sweet song, I hope you'll learn it. It prepared my mind, even as a little child, to know that my body was to be a temple of God. The scriptures teach this. In I Corinthians 3:16, Paul says, "Don't you know that you yourselves are God's temple and that God's Spirit lives in you?" Similarly, I Corinthians 6:19 says, "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body."

So how do we honor God with our bodies? Peter says in I Peter 1:13-16, "Therefore, prepare our minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed. As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; for it is written: 'Be holy, because I am holy.'" In Ephesians 4:22 Paul says, "You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; **to be made new in the attitude of your minds;** and to put on the new self, created to be like God in true righteousness and holiness."

Paul teaches us how to renew our mind by thinking on things that are true, noble, pure, lovely, admirable, excellent, and

praiseworthy. As discussed in the beginning, Paul instructs that if you do 'A'; you'll get 'B.' The result 'B' promised in God's word is that "the peace of God will be with you." With all the negativity around us each day, doesn't having the peace of God with you sound great? It does to me!

I want to encourage you to join me and take the time today to write down the seven things Paul says we are to think about. Make your own personal list of things in your life that you see view as **true, noble, pure, lovely, admirable, excellent, and praiseworthy.** Put the list in a place where you can see it easily (like in the notes section of your smart phone) and read through your list when things aren't going well or even when they are. Reading this list every day starts a great habit. Thinking on the positive in our negative world will help us be transformed in our minds so that we can be more effective Christians. Paul promises that the peace of God will be with us, when we do these two things.

In the previous passage before Paul's exhortations in verses 8-9 of chapter 4, Paul instructs in verses 6 and 7 "Do not be anxious about anything, (that means no stress) but in everything, by prayer and petition, with thanksgiving, present your requests to God. **And the peace of God, which transcends all understanding,** will guard (protect from danger) your hearts and your minds in Christ Jesus." It is like the "Oh Be Careful..." song says "the Father up above, He is looking down with love..." What awesome promises we have as the children of the one, true and living God. May God bless you and guide you in His service.

Robin Robbins House



DID YOU KNOW?

Did you know Lois was the mother of Timothy?

Did you know Simon was the father of Judas Iscariot?

Did you know Jonathan was King Saul's eldest son?

Did you know Ishmael, son of Abraham had 12 sons?

Do you know which king of Israel was the youngest of eight brothers?

Do you know if it was Job, Joel, or Joseph who said, "I know that my redeemer lives."?

Who did Paul remind were once greedy, drunkards, slanderers, and swindlers?

Do you know which disciple declared to Jesus "You are the Christ, the son of the living God?"

RECIPES

EASY BEEF TIPS AND RICE

Cube a raw rump roast in 1" pieces

Place pieces in crock pot with one can of Cream of Mushroom Soup and one can of Cream of Celery and/or Chicken Soup

Add some water to mix with soup if meat is not covered by soup.

Cook in crock pot until meat is fork tender.

Make rice according to package directions.

Top rice with meat and gravy mixture to eat.

Recipe can be made in smaller quantities with only one can of soup.

Submitted by Robin House



Please feel free to submit recipes, positive quotes, comments, etc. to The Good News Gazette at thegoodnewsgazette1@gmail.com

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Jeremiah 29:11

