

The Bible tells us to meditate on God's Word day and night. The word "meditate" means "to think about over and over". We need to pay attention to what we are meditating on. What you allow to play in your mind will determine what kind of life you live. Meditating on problems doesn't make them better; it makes them worse. Your life is going to follow your thoughts. When you think better, you will live better.

Paul tells us to think on things that are wholesome, pure, and of good report. If it is not a good report, don't dwell on it, because it is going to poison your soul and spirit. Instead of replaying the doom and gloom over and over, replay what God says. Yes, the financial situation may be a little shaky, but God says He will supply all your needs. He said He will prosper you even in a time of famine. He said He will open the windows of Heaven and pour out blessings that you cannot contain. Go through the day meditating on that!

Philippians 4:8 "...you will do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious - the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse."