

# KEEPING IT **13** IN A SPLIT-APART TOGETHER WORLD

## PHILIPPIANS: A LETTER FOR OUR TIMES

*Accompanies podcast "Goodness" - 12/20/20  
at [www.newdaynw.com/sermons](http://www.newdaynw.com/sermons)*

### **Read Philippians 4:8-9**

Paul's use of so many descriptors of good things is extensive. Which word brings the most things to mind for you?

Why do you think it is so much easier to focus on what is bad rather than what is good? How does it alter your state of mind to shift gears from one to the other?

Read Psalm 143:3-6. What do you see as being the benefits of meditating on the good? How could you cultivate that in real life and what would it look like?

Paul invites us to imitate him. Although we've never met him or seen him, we can pick up a significant amount from the way he writes. What is one thing you see Paul doing in this letter that you would like to imitate?

Take a few minutes to write down as many things as you can that are "excellent or praiseworthy" from the past year. Spend some time thanking God for his goodness you can see through them.