

Friendship Deeds, From A-Z

N

od Your Head When Good Is Said!

Philippians 4:8

"...always think about what is true. Think about what is noble, right and pure. Think about what is lovely and worthy of respect. If anything is excellent or worthy of praise, think about those kinds of things."

Have you ever heard of a food critic? He or she has the job of going to restaurants in order to rate the quality of the food, the décor, the wait staff and the prices. This person will have the opportunity to taste some really great food and some not-so-good food. He will come across friendly waitresses and some who are not so cheery. If the total experience is excellent, a critic might give a restaurant anywhere from 3 to 5 stars, depending on the price of the menu. Sounds like a fun job, doesn't it?

What if you were a thought critic? Not of others, but of yourself. Every time a thought crosses your mind, you are able to "rate" it before it comes out of your mouth. Wouldn't that be cool? It sure would make way for a lot of five-star conversations, wouldn't it? Try it for a day and see if you can do it. It's harder than you think. Look at this verse from Luke 6:45:

"A good man says good things. These come from the good that is put away in his heart. An evil man says evil things. These come from the evil that is put away in his heart. Their mouths say everything that is in their hearts."

If you're going to change what YOU think and speak, then you might need to change what you listen to, watch or read. Try an experiment this week: Every time you hear someone in person or on TV say something nice or good, nod your head up and down, or better yet, shout "YES! I like the way you think!" If you can, write down at the end of each day what some of those things were. It might be that someone gave you a compliment or a friend quoted a Bible verse or said a prayer. It also could be when a cartoon character speaks kindly to his friend or parent or sister. Begin to notice and appreciate a clean joke or someone who speaks correct grammar...in other words, the good stuff in life. Before you know it, it will be a part of your thoughts every day, then flowing from your mouth to others' ears. If friends will nod their heads at each other when good is said then their friendships will honor the Lord Jesus Christ, the One whose Words are always lovely, excellent, pure and worthy of praise!

Discuss the following questions with your parent/s:

- 1. Are your thoughts "worthy of praise"? Do you spend time reading God's Word?**
- 2. Do the things you watch and listen to fill your mind with good? Does it matter?**

"O" has something to overlook. So be quick to add it to your book!