

Moments of Beauty Week 8 - Visual Art

Friday, October 30



Reflection by Rachel Parfenchuk

Finally, 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 (Paul), or seen in me – put into practice. And the God of peace will be with you. Philippians 4:8-9

Think on these things. Ponder. Reflect. We do not usually have time to ponder. And yet, just like in Rachel's painting...reflection is beautiful. It allows us to notice things that we miss when we are in a hurry. And in this passage the apostle Paul tells us to think about...whatever is true, noble, right, pure, lovely, admirable, excellent and praiseworthy. Those are some huge things. Part of the exercise of reflecting is the noticing, but another part is the acting upon what we notice. How does it change us or inspire us? When you have a moment in your day, reflect on a positive experience. And if time is difficult to carve out, is there something that you can move, just five minutes, to give you time to reflect? What comes up out of the reflection for you?