





- A pilot who decapitated a wingsuit flyer with his plane's wing has been found guilty of manslaughter.
- Violent clashes erupt in Dublin after stabbing of 5 people.
- An ad agency created an AI model <u>who</u> earns up to \$11,000 a month.
- Jets player ejected for contact with an official, who was spitting out blood afterward.
- US forces came under attack 4 times in Iraq and Syria on Thanksgiving.



Things that easily occupy our thoughts

- News of the world around us
- Troubles of the day
- Griefs
- Hurts
- Fears
- Doubts
- Unfinished tasks
- Work
- Family / friends
- Pets

Mark 7:20-23

And he said, That which cometh out of the man, that defileth the man. For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, Thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness: All these evil things come from within, and defile the man.



Proverbs 22:24-25

Make no friendship with an angry man; and with a furious man thou shalt not go: Lest thou learn his ways, and get a snare to thy soul.

2 Corinthians 6:14

Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?

(Prov 4:14-15, 13:20, 14:7, 16:29)





Jeff Hanus was sitting in his cement truck on I-55 in November 2023. Suddenly a woman driving an SUV swerves off the road in front of his truck. She jumped out of

her vehicle and motioned that she was choking. Jeff jumped out of his truck and performed the Heimlich maneuver, clearing the obstruction and saving her life. The woman thanked him and then drove off. Jeff noticed two toddlers in the back seat as she drove off.

WHATSOEVER THING:



Raj Singh, owner of a cab company, picked up 92year-old woman at her home to take her to her nearby bank. The woman revealed to him that she was going to withdraw

\$25K from her account because the IRS had called her and said she had to send the money immediately of face grave penalties. Raj was suspicious and convinced the woman to let him call the number. They hung up and blocked his number. She didn't send the money.

WHATSOEVER THING:



Chris Person lost his wallet outside a Publix store. It contained his drivers license, credit cards and \$100 in cash. Fifteen-year-old Lucas

Perry found the wallet. Together with his Father (Eduardo) and older sister (Maya), they drove to Chris's house the next day and returned the wallet. "They all refused my offer to keep the money, they only wanted to do the right thing. Eduardo was adamant about teaching his children the impact of a selfless, honest act"



Andrew, Casey and Grace. Casey was diagnosed with ovarian cancer in 2019. After a long battle, she was transferred to hospice care in October, 2023, where she decided

use her illness to promote a 'debt jubilee'. She died in November 2023. The funds raised (so far) will likely be able to wipe out \$65 million in debt for people she never knew.



- Garbage Man Saves Kitten from Being Crushed, Now Adopted and Healthy
- 72-Year-old Graduates from College with His 99-yo Mom Cheering Him On
- After Teen Dies, Friends Visit His Grandma for Breakfast Every Wednesday to Ease Their Loss
- Houston Good Samaritan Steps up to Drag Wounded Officer Away from Gunfight
- Boy Invents Smart Spoon for His Uncle's Trembling Hands that Is Affordable in India

Philippians 4:4–7

Rejoice in the Lord alway: and again I say, Rejoice. Let your moderation be known unto all men. The Lord is at hand. Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.



Philippians 4:8

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

TRUE

Genuine; pure; real; not counterfeit, adulterated or false; Free from falsehood;



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John 14:6

Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

Luke 6:26

Woe unto you, when all men shall speak well of you! for so did their fathers to the false prophets.



(John 14:6, 15:1)

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Romans 12:17

Recompense to no man evil for evil. Provide things honest in the sight of all men.

Proverbs 24:28–29

Be not a witness against thy neighbour without cause; and deceive not with thy lips. Say not, I will do so to him as he hath done to me: I will render to the man according to his work.



(Acts 6:3, Romans 13:13)

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Leviticus 19:36

Just balances, just weights, a just ephah, and a just hin, shall ye have: I am the LORD your God, which brought you out of the land of Egypt.

Romans 3:8

And not rather, (as we be slanderously reported, and as some affirm that we say,) Let us do evil, that good may come? whose damnation is just.



(Habakkuk 1:13, John 7:24)

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James 3:17

But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy.

Matthew 5:8

Blessed are the pure in heart: for they shall see God.

Titus 1:15

Unto the pure all things are pure: but unto them that are defiled and unbelieving is nothing pure; but even their mind and conscience is defiled.

(Ps 119:1, 1 Timothy 4:12, 1 John 3;3)

LOVELY

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1 Peter 2:11-12

Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul; Having your conversation honest among the Gentiles: that, whereas they speak against you as evildoers, they may by your good works, which they shall behold, glorify God in the day of visitation.

Proverbs 4:18

But the path of the just is as the shining light, that shineth more and more unto the perfect day.

1 Corinthians 11:1

Be ye followers of me, even as I also am of Christ.

(Deut 4:5-10, 32-36, Mt 5:14-16)

GOOD REPORT

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Matthew 9:26

And the fame hereof went abroad into all that land.

Luke 4:14

And Jesus returned in the power of the Spirit into Galilee: and there went out a fame of him through all the region round about.

Romans 2:24

For the name of God is blasphemed among the Gentiles through you, as it is written.



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2 Peter 1:3

According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue:

2 Peter 1:5

And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge;



(James 1:27)

PRAISE

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Psalm 40:3

And he hath put a new song in my mouth, even praise unto our God: many shall see it, and fear, and shall trust in the LORD.

John 12:43

For they loved the praise of men more than the praise of God.



(Ps 148:1, Rom 2:29, 1 Cor 11:2,17)

Philippians 4:9

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Colossians 3:15

And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.



(John 16:33, Romans 15:33)

Ephesians 3:14–19

For this cause I bow my knees unto the Father of our Lord Jesus Christ, Of whom the whole family in heaven and earth is named, That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man; That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love, May be able to comprehend with all saints what is the breadth, and length, and depth, and height; And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God 34

For other foundation can no man lay than that is laid, which is Jesus Christ.

1 Cor 3:11



