

**Whatever is Lovely**  
**Philippians 4:8-9**

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**NOTES**

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Suggested Questions for Individual  
Study or Group Discussion\*



- What is a favorite piece of art for you, and what is it about the work that draws you to it?
- “Visio Divina” (Latin for divine seeing) is an ancient practice, similar to “Lectio Divina” (divine reading). Do you find that your eyes are fatigued by screens and visual input? Does it feel more natural to visualize the letters that form the word “tree” or do you visualize the branches, leaves, and trunk? Do you think a new pandemic practice like Visio Divina could be beneficial to you personally and bring you rest, perspective, and a sense of Jesus’ nearness (Philippians 4:5)?
- Read *Philippians 4:8-9*. How difficult does it seem to heed Paul’s counsel to “put into practice” meditating on all that is true, noble, right, pure, lovely, and admirable? What does that look like in 2021 when we are constantly tempted by things such as distraction, despair, deceit, and vanity?
- Nathan D. Mitchell (no relation) wrote in an essay in 2003: “[Things of beauty act as] an antidote against self-absorption, self-centeredness. Beauty takes the center *out of* self and places it elsewhere by demanding that we reckon with it, come to terms with it. That is art’s saving grace...Standing on beauty’s threshold, however we recognize that *beauty* is calling the shots, that *it* has summoned *us*—not vice versa.” What’s your response to this quote?
- Are there ways in which your eyes could be renewed to see the world more deeply and reverently?
- What would it mean for you to consider your own life as a work in progress?

\*Select or adapt questions to fit the needs and makeup of your group.