

The Harmony Project

Sayville Alumni Association

The Path Back to Harmony:



Today's political climate in the United States feels like the inversion of one of the most beautiful ideas in the New Testament. Consider this antithesis:

"Whatever is false, unethical, wrong, immoral, and ugly—whatever is driven by dishonor, imperfection, and condemnation—let your mind dwell on these things."

Most will recognize the original from Paul's letter to the Philippians (4:8). ***But it is the inversion that increasingly reflects our cultural habit.***

If Euodia and Syntyche lived today, they would likely stand on opposite ends of our political spectrum. And instead of writing to the Philippians, Paul might be writing to the loudest voices on both sides—urging them not to agree on every detail, but to be of the same mind in something higher than the dispute itself.

Higher than the dispute itself.

Because when nothing stands above the argument, the argument becomes everything.

Our country can survive disagreement. What it cannot survive is the loss of the ability to see anything good, honorable, or worthy in those with whom we disagree. Once that capacity is lost, disagreement hardens into contempt—and contempt fractures what it cannot unify.

Harmony is not the absence of disagreement—it is the discipline of perspective in the presence of it.

Paul's counsel would not be political; it would be moral and thoughtful. He would shift our focus away from winning arguments and toward shaping the inner life.

The path back to harmony begins with what we choose to dwell on—and, by extension, how we choose to see one another.

"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." Philippians (4:8)

Perhaps this is the path back to harmony....Not through louder arguments—but through better attention.

Questions to Consider:

1. Have I become so focused on what I oppose that I have forgotten to notice what I can still honor in the person who opposes me?
2. What might the path back to harmony look like if it began not with changing someone else's mind, but with changing what I choose to dwell upon?

Stay Golden,

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