



news cleanse
from the pour over®

It's day 26 of our News Cleanse—over halfway to Easter!

Last week, we talked about how eternal hope frees believers to face the future with faith instead of fear ([catch up here](#)). Today, we'll reflect on how that eternal hope trains us to engage with others over current events.

PONDER | PRAY | PRACTICE

Is your news making you combative or curious?

Somewhere in my second year of college debate, I stopped liking the person I was becoming.

In an environment that could've promoted profound learning, I found myself caring far more about winning. I didn't really listen to my opponent; I was just waiting for my turn to speak. Even when I was arguing *against* what I believed, I found myself adopting the same combative posture: win the argument, defend my side, spot the flaws, and tackle the 'opponent.'

It took that attitude following me outside the debate round for me to realize I had a problem. And the hardest part wasn't accepting the sin; it was realizing I couldn't blame debate for it. The common denominator was *me*.

The news is not so different from a debate round. And it's training us the same way.

We get angry at out-of-state politicians for laws that don't impact us. We follow opposing news outlets just to rage at "what they're getting wrong." We rehearse

our counterargument before our friend even starts speaking (and we don't hear a word they say). We confuse conviction with combativeness, and we often can't tell the difference.

Consider what Scripture says about how we should look instead:

"Do nothing out of selfish ambition or conceit, but in humility consider others as more important than yourselves. Everyone should look not to his own interests, but rather to the interests of others. Adopt the same attitude as that of Christ Jesus."

Philippians 2:3-5 (CSB) ([read full passage](#))

Christ didn't die for us because we were on the right side of history, agreed with Him on all the right issues, or supported the best policies. He didn't save us because we were worthy. He did it because He *loves us*, and we're called to adopt that same posture toward others.

That's easy to smile and nod at but harder to actually live out, especially when the news cycle says everything is about me—my safety, my comfort, my freedom, my rights, my opinion.

We need to practice making the news about God and others, not ourselves. And that starts with making conversations about the news a way of demonstrating God's love, not "winning" a point.

Next time someone asks if you've heard about X, Y, or Z in the news, resist the urge to feel threatened, defensive, or to prove your vast knowledge on the subject. Instead, look to their interests with curiosity by saying, "A little bit. What did you hear?" Then, listen with patience and humility. Maybe you can learn something valuable... but at the very least, you'll start to view that person less as an opponent and more as God's image bearer. And more importantly, you'll be imitating your self-giving, serving, compassionate Savior.

That's the real win—responding to others with Christlike humility so that one day they may see His glory.



QUESTIONS FOR REFLECTION

Philippians urges us to consider others' interests over our own. Whose interests do you find most challenging to consider over your own?

Imagine yourself in a heated conversation. What question could the other person ask you that would make you feel loved?

How often do headlines lead you to arguments and anger? How often do they lead you to prayer? What does that say about how you view God and others?

Humble Savior,
my mind is prone to dwell on my own interests—
my needs, my comforts, my feelings, my hurts.
But You model a self-forgetful kind of love
that trusts in the Father and serves others
all the way through betrayal, humiliation, and
a brutal, unfair, totally voluntary death.

May I increasingly adopt Your lowly posture, Jesus.
Whether I'm scrolling frustrating news headlines,
receiving constructive criticism from my spouse or coworker,
or facing my own body's degeneration and infirmity,
grow humble faith in me.

When I'm tempted to defend myself or
argue my case or project strength,
train me to trust my Father and serve my neighbors
in my weakness.

Silence buzzing distractions and squeeze out my self-absorption.
Open my eyes to others' needs, comforts, feelings, and hurts,
and grow my compassion for the neighbors
right in front of me who are weighed down by their cares.

May I be slow to anger and ever curious,
seeking to understand rather than be understood.

Make me more like You, Jesus,
humbly serving rather than seeking to be served.

Help me die to myself as You died for me,
trusting You to remake me for Your glory.

Amen.



Yours in Christ,
Steph Juliot
Writer | The Pour Over

Your challenge this week is to apologize. Think back on your most recent interactions surrounding the news: have you belittled someone, shut someone down, gossiped about a brother or sister, or let bitterness grow? Pray that the Spirit would show you who you can love better, and then apologize to that person for how you sinned against them.

I know this boots-on-the-ground humility might be the scariest challenge yet. But it's often in emptying ourselves that the Lord fills us with His goodness. Who knows how He might use your humility to change your life or someone else's?