

## What's On Your Mind?

A few years ago, there was a popular saying going around - "A mind is a terrible thing to waste". It is a true statement, but even more so for believers in Christ; for Christian women living in a lost world. We sincerely and consciously need to consider what is going on in our minds. Are we wasting our lives with wandering, passive thoughts? Are we spinning our spiritual wheels with confused thinking? Are we wasting God's time and hurting ourselves and others with a critical, suspicious mindset? Are we squandering our God-given abilities with doubting, fearful thoughts?

God has given us the most precious gift we could ever have as His children – He has given us His words; words which emanate from His thoughts, from His mind – His very character. What a powerful tool we have in the Scriptures to help us keep our thoughts on track! God has, in His boundless love given us what we need to use our minds wisely for His glory.

Each day, each moment our minds are bombarded by words, by pictures, by concepts, ideas and attitudes. Often, these are worldly, carnal ideals filling our eyes, ears, minds and hearts. How do we walk in this desperately wicked world and yet keep our minds fixed on God and our thoughts right before Him?

First, we must be in the Word of God daily. It must become more precious to us than our daily food. How can we have God's thoughts when His words are not in us? Second, we must learn His words; we must memorize the Scriptures. This is a command that is often ignored or overlooked, but is so very vital for success in the Christian walk. Third, we must meditate on God's words daily. They must become our spiritual life-blood, flowing through every inch of our being. Last, we must obey what we have learned. Only when we have surrendered ourselves to this process of reading, memorizing, meditating and obeying can we begin to reap the benefits of a mind fixed on Christ.

Joshua 1:8 says, "This book of the law shall not depart out of thy mouth, but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success." God's word gives us a plan for how to live that not only works, but it promises blessings when we follow it.

With that in mind, look at some of the thought processes that the LORD wants us to have going on in our minds that would glorify Him contrasted with the thoughts that He does not want us to have coursing through our minds. This list is not exhaustive, but is only meant to get you started considering different mindsets. Prayerfully consider your thoughts as you look at this list.

1 – A peaceful mind, filled with faith (Isaiah 26:3, 4 "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength.") contrasted with a fearful, anxious mind (Matthew 6:25 - 30 "Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment? Consider the lilies of

the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?”)

2 – A Word-filled mind (Psalm 1:1, 2 “Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night.” Proverbs 4:20 - 22 “My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh.” James 1:21 “Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls.” 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.”) contrasted with an empty, passive mind (Hosea 4:6 “My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children.”)

3 – An exhorting mind (Ephesians 4:29 “Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.” Galatians 6:1 - 3 “Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted. Bear ye one another's burdens, and so fulfil the law of Christ. For if a man think himself to be something, when he is nothing, he deceiveth himself.”) contrasted with a critical, judgmental and suspicious mind (1Corinthians 4:3 - 5 “But with me it is a very small thing that I should be judged of you, or of man's judgment: yea, I judge not mine own self. For I know nothing by myself; yet am I not hereby justified: but he that judgeth me is the Lord. Therefore judge nothing before the time, until the Lord come, who both will bring to light the hidden things of darkness, and will make manifest the counsels of the hearts: and then shall every man have praise of God.” Romans 2:1 - 4 “Therefore thou art inexcusable, O man, whosoever thou art that judgest: for wherein thou judgest another, thou condemnest thyself; for thou that judgest doest the same things. But we are sure that the judgment of God is according to truth against them which commit such things. And thinkest thou this, O man, that judgest them which do such things, and doest the same, that thou shalt escape the judgment of God? Or despisest thou the riches of his goodness and forbearance and longsuffering; not knowing that the goodness of God leadeth thee to repentance?” John 2:23 – 25 “Now when he was in Jerusalem at the passover, in the feast day, many believed in his name, when they saw the miracles which he did. But Jesus did not commit himself unto them, because he knew all men, And needed not that any should testify of man: for he knew what was in man.”)

4 – A steady, reliable mind (Philippians 2:5 “Let this mind be in you, which was also in Christ Jesus.” Romans 12:11,12 “Not slothful in business; fervent in spirit; serving the Lord; Rejoicing in hope; patient in tribulation; continuing instant in prayer.” Act 2:42 “And they continued stedfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers.” Hebrews 12:1, 2 “Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which

doth so easily beset us, and let us run with patience the race that is set before us, Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.” ) contrasted with a confused, wandering mind (James 1:5 - 8 “If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive any thing of the Lord. A double minded man is unstable in all his ways.”)

5 – A thankful mind (Psalm 100:4 “Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.” Hebrews 13:15 “By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name.” Psalm 34:1 “I will bless the LORD at all times: his praise shall continually be in my mouth.” Ephesians 5:19, 20 “Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ.”) contrasted with an ungrateful mind (Romans 1:21 “Because that, when they knew God, they glorified him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened.”)

6 – A humble mind (Matthew 20:26, 27 “But it shall not be so among you: but whosoever will be great among you, let him be your minister; And whosoever will be chief among you, let him be your servant.” Romans 12:16 “Be of the same mind one toward another. Mind not high things, but condescend to men of low estate. Be not wise in your own conceits.”) contrasted with a proud mind (Proverbs 6:16, 17 “These six things doth the LORD hate: yea, seven are an abomination unto him: A proud look, a lying tongue, and hands that shed innocent blood.” Psalm 101:5 “Whoso privily slandereth his neighbour, him will I cut off: him that hath an high look and a proud heart will not I suffer.”)