

Week 8: Sound Mind - *What am I Focused On?*

My Story

Just a few week ago, I had taken the wrong turn onto the interstate and am very embarrassed to say that I ended up twenty minutes south of Montgomery on Interstate 65 rather than twenty minutes north of I65 which was the direction I should have been heading. I had been talking on the phone so intently with a friend of mine that I literally was in autopilot, not noticing I was heading to Mobile instead of Birmingham! I felt really silly of course and ended up wasting much of an already busy afternoon.

I can get distracted in life as well and not pay attention to the direction my mind is taking me. My thoughts can easily be swept in the direction of my emotion and until I notice the signs around me and make a U-turn, I will just keep heading in the wrong direction.

2 Corinthians 10:5 says we must, *take captive every thought to make it obedient to Christ*. It takes maturity in the Lord to recognize negative and unhealthy thought patterns and then quickly pause long enough to adjust your thoughts in a better direction. This also takes a lot of practice especially if you haven't spent a lot of time disciplining your mind to come under the leadership of the Lord Jesus.

This process is what Romans 12:2 calls the "renewing of your mind." For every season in our walk with God, there will be a new time of renewal in the way we think. Our earthy patterns are so backwards from the way God operates that we can be on the wrong interstate and not even realize it. We must allow the Holy Spirit to show us in God's Word how we are to think and behave. Our thoughts determine to a great extent the direction our life goes, so we must focus on having thoughts that honor Jesus and bring Him glory.

Questions to Ask Yourself

- Where do you struggle in your thought life?
- How often do you pause when you are in the middle of a destructive thought pattern?
- Why is God so concerned with our thought life?

Final Thoughts

This is a crucial week! If we can start to get an awareness of our thoughts and what we're thinking, our whole lives will change! Many Christians are either dying or thriving, all based on what is between their ears! Take this week to think about what you're thinking about. Is it life or death? When you start to dwell on, mediate on life-giving thoughts, see if your day isn't that much brighter! You will literally be inviting streams of living water to flow in you and through you with redeemed thinking!