

# Let Jesus Wash Your Brain: 2 Steps You Need to Take

You all have heard of radar. Radar sends out a beam of sound and identifies objects further out from the submarine. If you have trained your brain wrong, you could have a side effect of what I call braindar. This braindar can sense a trigger, image, shape or color of hair before you can even make full visual contact with the person or image.

You may be walking down the mall and you see a poster. You can see the skin, but can't quite figure out if it's another lingerie advertisement. However, your braindar has picked it up. You have not only an awareness, you also are getting a sense and that is your braindar; it's telling you there is a UFO in your environment. UFO is short for Unidentified Female Object. I know, as well as anyone, that women are amazing souls in incredible packaging, and they are not objects. However, guys know exactly what I mean when I say that it's way too early to see the soul of that person when your braindar goes off. It will only tell you two things: one, its gender and two, its location.

If the braindar could talk it would tell you something like this, "Female, questionable attire at 3 o'clock." Most of you reading this know exactly what I am talking about. This braindar can also be used as a gift to you in obtaining clean life.

In the past you would use your braindar to locate a victim to objectify. Now your braindar can be actively used as a warning device. You still get the gist of the information of gender and location but now it's what you do with the information that your braindar is giving you.

Instead of using the information to move toward the UFO, you

use it to move away from the object that has been identified. So if the braindar says, "Object at 3 o'clock," then you look at any other direction 6:00, 9:00, or 12:00, so as to not include that UFO in your range of vision.

If you're at a restaurant or public situation, sit away from the flow of the UFOs, or sit in such a way that you are no longer able to engage in a straight line with what your braindar has already warned you about.

You can't control that you have braindar, but you can control how you use it. You can't control the environment, but you can control how you navigate your environment.

I want to give you another tool that I have found helpful for men to utilize to help them maintain a clean brain. Up to this point, we have been talking about the physical brain. Now I want to switch to a way to help you take your thoughts captive (2 Cor. 10:5).

You and I have all read many times, by many authors, that we should be like Job and make a covenant with our eyes. I am all for doing that, however in working with men for more than 30 years, it's not the eyes that are the main problem. The main problem is what they are doing in their mind.

So, if someone is looking and maybe talking to a woman, some guys even have the dexterity to have lustful thoughts and even fantasies about the person who is innocently holding a conversation with them.

I have come up with a technique that has helped men stop these thoughts from even getting started in their brain. This can be helpful to not only resist looking while talking to a woman who may be inappropriately dressed, but not have to deal with the sexual slime that can linger after such an encounter. I call this a brain covenant. This is like a prayer you make every day as early as possible.

I have found it is very important that you buy into the premise before I give you the prayer statements. I firmly believe it is the duty and calling of every man to protect all women, at all times, in every circumstance. Do you agree?

If you do agree, then taking it one step further is easy. Now let's combine what I said earlier about 1) hating lust with 2) the brain covenant. If you will early in the day pray out loud with conviction a prayer that states the commitment to love women, protect them, and hate all lust, this can be a powerful anchoring of your commitment for your brain to follow and be aware of all day long. This prayer could go something like this:

*Lord Jesus, I am 100 percent committed to love all women today as Your daughters and my sisters. I covenant with You to protect all women at all times, in every circumstance today, even in my mind. I hate lust of all women of any kind, and in my mind, I covenant to protect them all day.*

You see what you are doing is anchoring your commitment to have a clean mind and a clean life. You can do this daily until protecting women from your lust becomes a lifestyle. You'll know this is true as you are successful to maintain the value of a woman, regardless of how she values herself.

You deserve a clean brain and life. I hope that you will take and apply these tools to your life and have the clean life Christ has paid for you to have. {eoa}

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