

Now Playing

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Philippians 4:8

The human brain is an amazing component of our bodies. With it, we are able to sense, to recognize, to understand, and to remember countless things. Our brains keep track of countless important details (like heartbeats) that keep us alive. All without conscious decisions on our part. Even with the most advanced products of scientific research, we have not been able to rival what has been given to us by God with the gift of life.

One thing we must be careful about is the type of material we give our brains access to. Since the brain is like a sponge, it retains all the information it receives. A few years ago, Denny Gunderson, former president of Youth With A Mission, asked an interesting question: Would you feel comfortable if your thoughts were to be shown on a movie screen for all to see?

What we think about can have a very strong impact on the way we handle a situation or view a series of events. Thoughts lead to actions. And, if left unchecked, these can turn into negative character traits rather quickly.

The Lord wants our minds to be pure and useful for the tasks he has planned for us. It is difficult to serve effectively when a person is considering thoughts of revenge, envy, or other wickedness. Paul understood this and challenged the Philippian church to think about things that were honorable, true, lovely, admirable, and worthy of praise. This way, their actions would match their thoughts.

Would *you* feel comfortable if your thoughts were shown on a movie screen for all to see? It's not too late to allow God to perform some "editing" so our thinking is in line with his. The question is whether you are willing to let him do it. Can you take the list from Philippians 4 and note three or four items for each of those traits?