



## What Do You Think?



Your brain receives thousands of messages all day long, every day of your life. Everything you see is recorded in your brain instantly. Everything your ears hear, even things that you're not aware of in the background, it's all recorded. Everything that touches your body, everything you smell or taste are all recorded like messages on a phone answering machine. The brain records just what it hears, sees, touches, smells or tastes. It does not judge if it is good or evil, it does not erase anything – it just records. That's how you have learned everything that you know.

Your mind, the soul part of you, connects those messages into thoughts and decides whether they are good or bad, pleasing or painful, true or false. Then you make the decision to include those thoughts in your memory, or to let them go. Your thought life is the part of you that will live forever. So, when you are deciding what thoughts to keep and think about there has to be a basis of truth to make those decisions.

Jesus is the only truth that never changes. *“Jesus Christ is the same yesterday, today and forever.”* (Hebrews 13:8) All judgements, decisions, self-analysis, and memories must be based on that truth and that truth alone.



Finding out what Jesus says in His Word will give us the right thoughts to base our life on. It's your choice. The world pulls you one way, the devil pulls you another way, your flesh pulls you still another way, but Jesus leads you, not pulls you. Jesus said, *“If you continue in my Word, then are you my disciples and you shall know the truth, and the truth will set you free.”* (John 8:31)

If you're not settled in your relationship with Jesus, you will always be confused in your thought life. Don't entertain thoughts that cause you pain. Don't sit around and waste your life over someone who has disappointed you. *“Great peace have they which love Your commandments; and nothing shall offend them* (or be a mental stumbling block).” (Psalm 119:165) Quit rehearsing the scenes that tear you up emotionally; shake the dust off. You will be a spiritual masochist if you keep going back and hurting yourself with painful thoughts. Remember, no one can make you feel bad about yourself without your permission.

When you accepted Jesus Christ, you became a Christian, a follower of Christ – called by His name. You have been given the supernatural authority of the name of Jesus. He said, *“If you shall ask anything in my name, I will do it.”* (John 14:14) Learning who you are in Jesus will show you that you have power against every thought that comes against your mind. There is only one way to find out about all that belongs to you as a Christian, and that is to read your Bible! Nobody can do it for you. The Bible is God's Word and He speaks to each of us separately as we sit and read His Word. He is the only one who knows every thing about us, where we have walked, what our hurts and our needs are.

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God's Word brings peace to our mind when we open our mind to receive it. But, when we open our mind to worry, past failures and remembering the pain of broken relationships, we give away our peace of mind and open the door to the devil's thoughts instead of God's thoughts. You could think of painful thoughts from the past 24 hours a day for the rest of your life – and 50 years down the road, you still couldn't change what happened way back then – and you would have wasted the whole life that had been planned for you by the God, "*whom you love, even though you haven't seen Him, you still believe in Him and rejoice with unspeakable joy and full of glory! Receiving the end of your faith, which is the salvation of your soul.*" (1 Peter 1:8,9)

You and only you determine whether your mind will bring peace and blessing to your life, or whether it will bring torment and unhappiness to your life. It is able to do either one, the choice is up to you. The way you make that choice is when you decide which thoughts to think about.

Painful thoughts begin when you look back at the missed opportunities in your life or when you think of friends who seem to be leading happy lives, who have somebody's loving arms around them, who are surrounded by laughter and family get togethers. Or, when others can see the future unfolding before them filled with bright promises, but you can only see all that you have missed and a lonely, forbidding future. When you think like that, your whole body receives that message and responds with depression, and the beauty that is around you in the faces of your children, the sunshine, the flowers, your health, your sight, your hearing, the Word of God, are all lost upon you – clouded over by a fog of hopelessness and low self-esteem – while those very people you compare yourself to are enjoying all those benefits.

Take a hold of those blessings with your mind, and think about them. You have a choice. You can choose depression and disease, or you can choose to live life to it's fullest, enjoying health, happiness and success, no matter what! As Moses said to the children of Israel:

*“ . . . I have set before you life and death, blessing and cursing: therefore choose life . . . ”* (Deuteronomy 30:19)

Wake up! You're alive! You have but one life to live, live it to the fullest! You can because the very life of God is in you and you are in Him! Hallelujah!



## *What Do You Think?*

1. What does my brain record?

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2. Why is it important for me to understand that?

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3. What connects all these messages together for me?

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4. Who decides which of these messages to keep and think about?

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5. On what basis of truth can I decide what to think about?

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6. If I base my thought life on the truth of Jesus, what will happen to me?

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7. What's the only way my thoughts, or other people can make me feel bad?

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8. How can I know I have power over harmful thoughts?

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9. How can the devil's thoughts come into my mind?

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10. If we love and follow God's commandments, what will happen? (Psalm 119:165)  
(The answer to this question will be your memory verse)

MEMORY VERSE \_\_\_\_\_

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## *What Do You Think?*

1. What does my brain record?

Everything it hears, sees, touches, smells, and tastes.

2. Why is it important for me to understand that?

That's the way I learned everything that I know.

3. What connects all these messages together for me?

My mind, which is the soul part of me.

4. Who decides which of these messages to keep and think about?

I do.

5. On what basis of truth can I decide what to think about?

Jesus is the only basis of truth that never changes.

6. If I base my thought life on the truth of Jesus, what will happen to me?

You will know the truth, and the truth will set you free!

7. What's the only way my thoughts, or other people can make me feel bad?

If I let them.

8. How can I know I have power over harmful thoughts?

By reading my Bible and learning who I am in Jesus.

9. How can the devil's thoughts come into my mind?

Only if I open my mind to worry and past failures.

10. If we love and follow God's commandments, what will happen? (Psalm 119:165)

MEMORY VERSE "Great peace have they which love your commandments; and nothing shall offend them."