



Are you thinking on the right things in life? God keeps putting this topic as a High Priority in my life. Thinking right is now my fourth devotional on this topic.

*Php 3:20 For our conversation is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ:*

We talked about the importance of words to think on in Philippians Chapter 4 last month. Then 2 months ago we discussed the importance of using certain good four letter words in our daily conversations.

Words such as:

- HOPE
- CARE
- WISE
- LOVE
- JUST
- TRUE
- FREE
- KIND

*Col 3:8 But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth.*

God makes it clear that he wants us to have our minds thinking on the right things and to prove what is good and acceptable to the Lord.

*Rom 12:1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.*

*Rom 12:2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.*

These past few years I have been reading a lot of books. This year I have centered more on those about God and mindset. I have read 3 books by a guy named Shad Helmstetter. While I am not sure he is a Christian, he definitely is a brain expert with a Ph.D. in Psychology, and has written over 20 books about what messages we send to our brain. True science is always in harmony with the bible. But not all scientific teachings are true and accurate.

In the book, “Secret Words for Success”, Dr. Helmstetter stated that “Each of us learns more than 20,000 words in our lifetime. But to be truly successful, we only need to focus on fewer than 200 of them. These special words become wired into the brain of the person who uses them, which guides the person in everything they do.”

Dr. Helmstetter claims our brain is like the hardware and what we put into it is much like programming. The left Frontal Cortex of the brain is where the plasticity of the brain is wired, and the key to thinking correctly is persistent repetition of putting the right words and thoughts into our minds.

In other words, we can pretty much build ourselves up or tear ourselves down with the words we use in our life. Doctors and scientists do a lot of study on the brain. We know that our deepest and most important thoughts come from the deepest of our emotions which is from the heart. In our study of Proverbs, last week we studied verse 7 of Proverbs chapter 23 that told us what a man thinks in his heart is what he is.

*Pro 23:7 For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.*

While scientists are left to study the brain, we know our deepest emotions and decisions come from the heart. We choose to either believe man or believe God. I trust God. But some of the studies scientists made do make a lot of sense. The brain has a certain part that is known as plasticity. The study of it is called Neuroplasticity.

Plasticity means the capacity of the nervous system to develop new neuronal connections. The plasticity of the brain is the brain's ability to restructure itself by forming new neural connections.

This modulation of neural timing is related to neuroplasticity, which is a change in the connections between brain cells that is needed for human behavior, learning, and cognition.

As we learn and grow, a lot of the brain has true facts stored. But this plasticity part of the brain is a learned response. So if you teach it false information, your brain accepts it as factual. The devil can really take this one to the bank.

Think of the things going on in the world where lies being told have come to be accepted as facts. Darwinism is taught as fact. Homosexuality is acknowledged by many to not be a sin but just an alternative lifestyle.

Long before scientists learned about neuroplasticity, God warned us to be careful what we think on. As a Christian, we are commanded of the Lord to bring every thought into subjection. Paul talked to the church at Corinth about those things.

*2Co10:5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;*

*1Co 9:27 But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.*

Paul realized he had to control himself or he too could be castaway by the tricks of Satan. It is up to us to put the right words into our minds. And there are no GREATER words than the words of truth which is the bible. Fads come and go, but the Word of God is settled forever. The bible is total truth. Jesus himself is the epitome of truth.

*Joh 14:6 Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.*

*Joh 8:31 Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed;*

*Joh 8:32 And ye shall know the truth, and the truth shall make you free.*

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*Joh 8:36 If the Son therefore shall make you free, ye shall be free indeed.*

The more I study about mindset, the more God lays it on my heart to be careful to think RIGHT thoughts. A Christian walking close to the Lord has the best life there is. You have clear, accurate thoughts, and righteous thinking. Trust God and listen to those things God tells us to do.

What are we thinking about every day? Are we using God's Word to build up and make us a more mature Christian? I know that it is pleasing to the Lord if we are.

Let's close in Philippians Chapter 4 and read again those things God wants us to think on.

*Php 4:6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.*

*Php 4:7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*

*Php 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.*

*Php 4:9 Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.*

Be careful what you think. It truly makes a huge difference in our lives.

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