

## A 7 Day Plan to Heal Your Mind – Day 5

*“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything*

*worthy of praise, **think about these things.**”* Philippians 4:8 ESV  
The Apostle Paul

Did you know that every thought you think produces chemicals in your brain? If you think a positive thought, your brain produces chemicals that make you feel good. Conversely, if you think a negative thought, your brain produces different chemicals that make your whole body feel bad. And, all of this comes down to YOUR CHOICE. The writer of the book of Proverbs says it this way: *“Keep your heart with all vigilance, for from it flow the springs of life.”* Proverbs 4:23 ESV

Think of it this way: how well your car runs is completely dependent on the engine, and the engine won't run well unless it has good oil inside. Likewise, how well your life runs is completely dependent on your brain, and the brain won't run well unless it has good thoughts inside. You are responsible for your car engine having good oil, and you are responsible for your brain having good thoughts. Would you ever knowingly put bad oil in your car? Would you ever knowingly put bad thoughts in your brain? Oops!

Paul chose to focus on good thoughts while he was in a Roman prison awaiting his death sentence, and he advised others to choose good thoughts no matter the circumstances they were encountering.

Is changing our thinking really that simple though? Well, let's say it is simple, but it's not easy. Maybe it's because we are fallen creatures that we so often slide toward the negative in life, but more likely it's the lack of mental discipline that keeps our minds, emotions, behaviors, and overall health in such a state of dis-ease. In her book ***Who Switched Off My Brain?*** Dr. Caroline Leaf states, “Research shows that around 87% of illnesses can be attributed to our thought life.” We have to take personal responsibility for our thoughts if we want health, joy, and fulfillment.

Under the inspiration of the Holy Spirit, Paul tells us exactly what to practice if we want good results:

- Think about what is true
- Think about what is honorable
- Think about what is just
- Think about what is pure
- Think about what is lovely
- Think about what is commendable
- Think about what is excellent
- Think about what is worthy of praise

Thinking better requires discipline! And discipline is best accomplished with solid SEA: support, encouragement, and accountability. So, what's your plan? What will you

practice, when will you do it, and who will provide your SEA? Without answering the what, when, and who questions, practice will eventually fade away like New Year's resolutions. For the best motivation to practice, see Day 6...