

The Power of the Mind

What are you putting in your mind?

There has been much written over the last several decades about the power of the mind. God created a great potential in

the mind of each of us, that many have never learned to put to work in their lives. Evidence has shown that keeping yourself focused on a positive outcome, a good goal, etc., will help you greatly to achieve the desired results.

This self-talk has been popularized by

Norman Vincent Peale, Dale Carnegie, John Maxwell, Steven Covey, Dave Allen, and many others. And this is just with a goal that you have made up yourself, for yourself.

Imagine, then, the power at work when you are focused on reaching the goals GOD has set for your life. Just imagine the power of the mind, your mind, focused with God on the development of your whole being into Christian maturity. As one has said, "God and I can do anything."

So what are you focused on each day? I encourage you to start your day with prayer and Bible reading. In the Bible we learn what God's goals for us are. Read them. Then pray them. Ask God to guide you in fulfilling a specific goal this day. Then take a few moments to think about how that might play itself out. If God wants to work on patience today, what situations are you likely to face when you will need patience? Pray for those, each specifically, ahead of time, before you head out to live your day.

Psalms 119:11 Your word have I stored up in my heart to prevent me from sinning against You.

Take these words to heart and harness the God-given power of your mind, and faith, to make you better and to realize God's goals in your life.

-- pastor Robin