



A Spiritual Encouragement Message

April 8, 2020

Brainwashed

Have you ever been asked to do something you didn't really want to do and before you knew it you were emotionally frustrated, angry, dragging your feet, and treating others with a bad attitude? During this time of quarantine have you found yourself in a bad spot emotionally wondering how to climb out of it? Let's take a moment to consider the source of these emotions and actions, and perhaps begin changing our lives by transforming our thoughts. The truth is that many of our thoughts are automatic, having been developed as habits over time, and within an instant we can begin acting out as a result of those thoughts.

Those Pesky Thoughts!

Sadly, the first thoughts we often think in various situations are not in line with the thoughts of God. We can begin to wash our brains by taking some time to consider and reflect on what we are putting into our minds. What do we spend our time doing, seeing, reading, watching, and participating in? Our minds are all brainwashed, but the question is with what?

Consider Paul's words in 1 Corinthians 15:35 "*Do not be deceived: 'Bad company corrupts good morals.'*" Paul gave this admonition because there were people out there proclaiming that there was not going to be a resurrection of the dead (1 Cor. 15:12). In other words, they were teaching that if you die you pretty much are out of luck and wouldn't be raised from the dead (1 Cor. 15:12-19). Paul's admonition to the Corinthians was that hanging around people that proclaim that horrible teaching would start to influence (corrupt) their thoughts which would likely lead to them denying the resurrection of the dead! Talk about being brainwashed.

Imagine that principle in your life. If something so blatantly false can infiltrate the thoughts of Christians, imagine those things that are a little more subtle or obvious. The songs we hear, the videos we watch, the pictures we see are brainwashing us. Pick up your phone and look at your apps, your viewing history, and your search history and see what you are filling your mind with. Don't be deceived, your thoughts are being influenced by those things you are submersed in and as a result your emotions and behavior are being affected.

Get Those Godly Thoughts!

Who is winning the battle of your mind is usually determined by what you are washing your mind with. Consider these beautiful words of the Psalmist to the youth...

How can a young man keep his way pure? By living according to your word.

I seek you with all my heart; do not let me stray from your commands.

I have hidden your word in my heart that I might not sin against you.

Praise be to you, O LORD; teach me your decrees.

With my lips I recount all the laws that come from your mouth.

I rejoice in following your statutes as one rejoices in great riches.

I meditate on your precepts and consider your ways.

I delight in your decrees; I will not neglect your word. Psalm 119:9-16

The very thoughts of God have been revealed to us through His word and there are no thoughts better than His to fill our minds with (1 Corinthians 2:11-16). If we want our automatic thoughts to be godly thoughts when facing life's various obstacles, we need to connect with God, rejoice in His word, meditate on its precepts, and allow God's thoughts to be our thoughts. I want to encourage all of us to begin washing our brains! Take time to listen to pure and holy music, look at pictures and videos on your smartphones that put pure thoughts in your mind, and hang around those that will help you get to heaven. Start washing that brain!

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