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Filling Your Mind with God's Truth

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Filling Your Mind with God's Truth

Have you ever thought about *why* you do the things you do? Where does your behavior *come from*? These questions may seem somewhat unimportant to you, but ... the answers to these questions really are important!

Science research tells us that everything a person puts into their mind, sticks—every word, every image, every idea that someone allows into their mind, stays there. The Bible tells us that what we believe (what is in our minds) determines what we do. Proverbs 23:7 says, *“For as he (a person) thinks within himself, so he is”* (NASB, emphasis added). So think about it—what is in your mind comes out in your behavior! Consider the enormous growing pool of information in your mind, most of which is subconscious. You have information coming to you from all kinds of sources. That subconscious information is influencing your behavior.

In the field of computer science they use the phrase, “Garbage in, garbage out.” This phrase is used primarily to call attention to the fact that computers will unquestioningly process the most nonsensical of input data (“garbage in”) and produce nonsensical output (“garbage out”). It was most popular in the early days of computing, but applies even more today, when powerful computers can spew out mountains of erroneous information in a short time. In other words, what you put in is what you are going to get out!

What you put into your mind influences your behavior! Everything a person puts into their mind, sticks - every word, every image, every idea.

What is in your mind comes out in your behavior!

Picture your mind as a huge “Vat” with two big faucets pouring everything you hear, see, smell, read, and experience into that “Vat.” One pipe is pumping in the world’s point of view, and the other pipe is pumping in God’s truths. You determine how much of each kind of information is coming into your Vat!

Your thoughts, values, decisions, beliefs, fears, joys, emotions and attitudes are all by-products of what is in your Vat!

The great theologian A. W. Tozer once said, “What comes into our minds when we think about God is the most important thing about us.”

Consider that truth for a moment: The most important thing about you is what you think when you think about God! What do you think about God? Is your information accurate? Is it based on the Bible ... or on what you've simply "heard" about God? It's important that you have correct information about God coming into your Vat—and the most reliable source for that information is the Bible.

Your thoughts, values, decisions, fears, joys, emotions and attitudes are all by-products of what is in your mind!

Unfortunately, all of us "contaminate" our Vat, which is similar to putting dirt in a glass of water! If you let the glass of water stand, the dirt might sink to the bottom ... but it is still there! And it can still be stirred up to make the glass of water cloudy (and gross!). When it comes to your Vat—and the information that is in your mind—you may have lots of good information in your mind about God and truth, and then someone tells you a dirty joke or you see something on the internet that is immoral. Now you have both kinds of information in your mind. You can let the ungodly "stuff" sink to the bottom, or you can "stir" it up and let it cloud your thinking. In any case, the "dirt" is still there.

If we fill our mind with God's word and instruction, our decisions and behavior will reflect that.

God's Word is the place to go to get the right information about God. What does God reveal about himself in the Bible? He is eternal; He had no beginning, and He has no end. Nothing existed before Him. No one created Him. Nothing is hard for Him. God created all of the universe with all its electrons, elements, and the laws that control it. He is everywhere all at once. He does not change, grow, develop, or learn; He is the same yesterday, today, and forever—not because He is arrogant or small minded, but because He already knows all that can be known.

He hates sin, and loves righteousness. He is never surprised, never asks questions, never discovers anything, does not seek information—because He already knows all there is to know ... about the world and about each one of us.

He has total knowledge, and infinite wisdom to apply it. He is absolutely holy. And in addition to all that, He is infinitely loving, kind, patient, and gracious! How's that for some good stuff for your Vat?!

Consider someone who is becoming a doctor. It is critical that this person have accurate data in their Vat. How do they accomplish this? Primarily by reading books about medicine and listening to experienced doctors. The practice of medicine is a

matter of making many decisions, many of which are critical. These decisions are made on the basis of what one knows, what is in the Vat. A doctor facing a medical decision cannot use what is not there! The more accurate information the medical student puts into the Vat, the more resources they will have at their disposal when critical decisions needed to be made.

A distorted, inaccurate view of God will result in a distorted, inaccurate response to Him!

When we are faced with important decisions—personal, moral, ethical, spiritual, relational—we can only draw on the information that is currently in the Vat. If we fill our Vat with God’s Word and instruction, our decisions and behavior will reflect that.

As you study God’s word, your Vat will influence you to live in a way that not only glorifies God, but also points others to Him.

Here are some principles from the Bible to get you started on having your Vat filled with God:

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” —Philippians 4:8, NIV

“Jesus said, ‘You are in error because you do not know the Scriptures or the power of God.’” —Matthew 22:29, NIV

“All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.” —2 Timothy 3:16-17, NLT

Christianity is a relationship with Jesus Christ. It is a living faith in a living person, God Himself. A distorted, inaccurate view of God will result in a distorted, inaccurate response to Him! What you think about God really does make a difference in how you act! Every day you will be faced with choices on what to allow into your Vat ... and what you are going to allow to influence your behavior. Choose wisely! Fill your mind with the things of God so that your life will reflect Him!