

Practical Warfare... in the mind

Christians should use discernment and avoid the profane traps of the enemy. Believers need to be intentional about the type of content they allow into their minds. "Some people are so open-minded their brains fall out," "They say, 'I can watch that stuff. It doesn't bother me anymore.' That's the problem! When you can watch and read stuff that is profane, blasphemous, evil, vile and abusive and it doesn't bother you, you have a problem. You have become a fool." He continues: "Wise people protect their minds. They put on the helmet of salvation. They don't just allow anything into their minds. They keep the poison out." So how can Christians develop wisdom and avoid evil? The key is staying close to the Word of God. "The first place you need to go to fill your mind with truth is God's Word," he says. "The more you develop the habit of spending time each day reading and studying the Bible, the wiser you will become." The apostle Paul advised in **Philippians 4:8, "Finally, brothers, whatever things are true, whatever things are honest, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue, and if there is any praise, think on these things."** How are you exercising mental purity in these dark times?

- 1) Get to know the Holy Spirit.
- 2) Learn to enter God's presence
- 3) Hear God's voice clearly! Go deeper!

"A wise person is hungry for knowledge, while the fool feeds on trash" (Proverbs 15:14 NLT, second edition). If you want to become wise, the first thing you have to do is listen to God's Word every day. Proverbs 2:6 says, "It is the Lord who gives wisdom; from him come knowledge and understanding" (TEV). You don't get it from television. You don't get it from the internet. You don't get it from magazines. Wisdom comes from God.

You can either feed on truth, or you can feed on trash. Whatever you fill your mind with is what's going to come out — garbage in, garbage out. If you want to be wise, you've got to feed every day on truth, not trash.

There are three kinds of things you can fill your mind with: **You can fill your mind with poison,** **you can fill your mind with junk food, or you can fill your mind with health food.** Poison is stuff that poisons your system. It's bad for you. It takes you down. Pornography is poison. You should not be reading "Fifty Shades" of any color! Some people are so open-minded their brains fall out. They say, "I can watch that stuff. It doesn't bother me anymore." That's the

problem! When you can watch and read stuff that is profane, blasphemous, evil, vile, and abusive and it doesn't bother you, you have a problem. You have become a fool.

Wise people protect their mind. They put on the helmet of salvation. They don't just allow anything into their mind. They keep the poison out. Junk food is neither good nor bad. It just has no nutritional value to it. Most of the stuff you see on tv is not evil. It's just junk food. It's what I call stuffing. But the problem with stuffing is that when you stuff yourself with stuffing, you have no hunger for truth. If you watch TV for four hours, your mind is full of empty calories that don't help your body or your mind.

Health food is nutritional food. It helps you grow and maintain your health. It is truth, and the wise person feeds on truth. It makes you wiser — in your relationships, your time, your money, your business, your parenting, your marriage, and every other area of your life. The first place you need to go to fill your mind with truth is God's Word. The more you develop the habit of spending time each day reading and studying the Bible, the wiser you will become.

What kinds of junk food do you allow to fill your mind? What difference do you see in your day when you spend more time watching TV and on the internet than you do in God's Word? What practical step can you take today that will help you make your quiet time a priority?