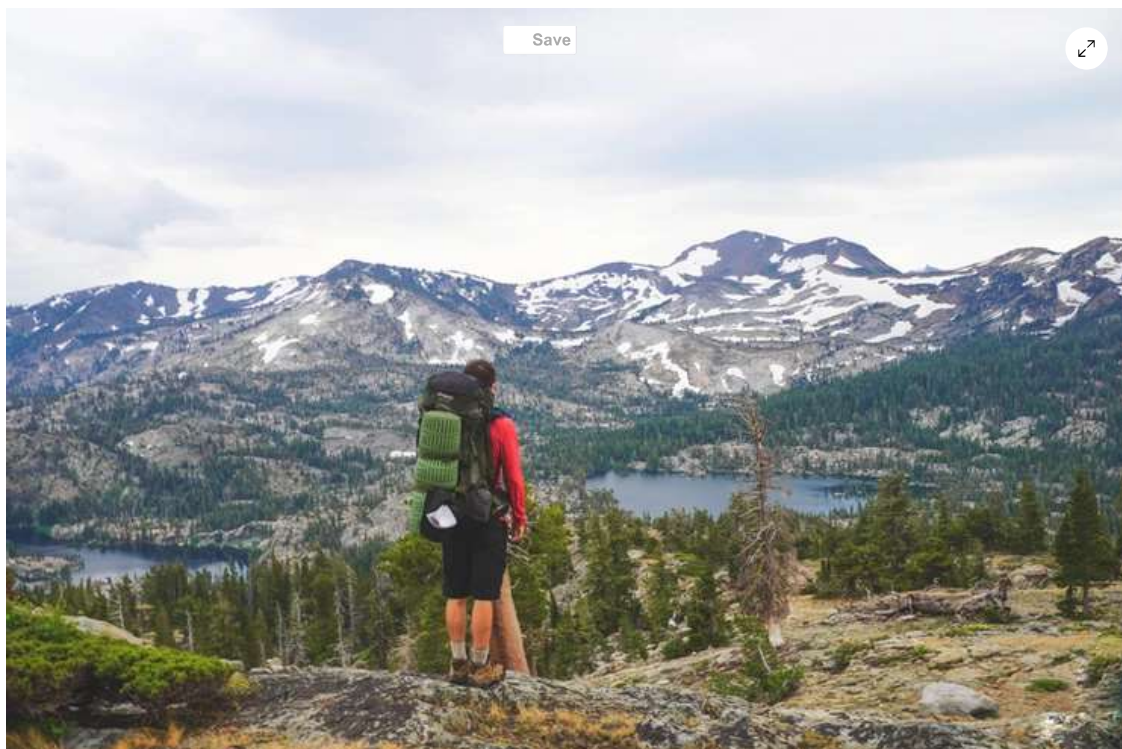


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Be transformed by the renewing of your mind!

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I sometimes read about healthy ways for the body and some say that “we are what we eat”. Well I guess if that goes for the body it would seem to reason that what we put into our minds will determine what our mind is. If we feed our mind worldly junk, then it is most likely to contain junk and there is a lot of junk out there. I did a little programming during my work career and there was a saying by computer people that “junk in will give you junk out”

Paul said in Romans 12:2 to “be transformed by the renewing of your mind”. He was talking to people that had recently come out of an environment where the patterns of this world are

different from what we as Christians should have in our minds. So, if we as Christians still have a mindset like the world we need to renew it. If we have recently started our walk with Jesus or if we have been a long-time believer, it is hard to keep the junk out.

How do we go about “renewing our mind”? Like feeding our bodies we need to feed our mind with good things. Jesus said, “I am the bread of life”. I suggest that we start there. I said last week that we need to feed our minds and hearts the word of God. This doesn’t just happen in a few sessions but is a long process that requires perseverance. There is a word that most of us don’t want to hear and that is **discipline**. Discipline takes inner strength and takes practice.

I have decided to discipline myself to keep my body in as good a shape as the laws of nature will let me. I have been walking a speed walk for a while- doing 3 miles in the neighborhood up and down hills or on the treadmill. There are days I don’t get excited about the work, but I do it because I know it is good for my body. I also discipline myself to read and meditate and pray on God’s word almost every day because it is good for my mind and spirit. No one reaches their goals without discipline work and perseverance.

Maybe you are saying “I am too old to begin such discipline”. I know you are old when you say it. It starts in the mind. I have heard people say I am old at 40 and at 50 and at 60 and at 70. I am now 80 and I don’t think I am “old”. I may have some symptoms but have not succumbed to saying I am old. Your choice!

We need to search and examine our thoughts with the help of the Holy Spirit and capture and discard the thoughts that don’t pass the test of God’s word and his spirit. Then there are thoughts that are positive that we need to implement in our lives. Maybe there is something the Holy spirit has put in your mind and heart, but you have not captured the thought and put it into action. Sometimes we must step out in faith and see what God wants to do in our lives. For me it was to start this letter to you, so I started Howard’s Corner publication.

What is your dream? Have you disciplined yourself to renew your mind and to seek what the Lord is leading you to do?

It is a great dream if we have the discipline to stay the course!!



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