

PART 17 - CONNECTING MY MIND WITH MY LIFE

❖ I LOVE ORGANIC GARDENING

I love having an organic garden, and one of the things that I love is that I can keep making it better. I can build up the soil, put the right organic nutrients in the soil, develop organic insect control for ants, rabbits, insects, and deer. Then when it may not look so good because of the heat and a period of drought, I can shade the plants and install a drip system to help them stay healthy. The point is that I can always keep improving the garden. Well, the brain is exactly the same. It will get stronger and stronger and stronger the more that you think like God thinks.

BRAIN FACTS:

1. Neuroscience has confirmed that your thoughts physically, electromagnetically, and chemically activate and create both positive and negative directions based on your **choices** and your **reactions**. I.e., what your mind chooses to do and how your mind reacts to your circumstances physically causes your brain to build neural pathways for those choices and reactions.
2. The neurological term for this is called “**neuroplasticity**”, and it means that your brain is constantly changing and growing based on what and how you think. It refers to the physical changes that occur in your brain as a result of your thought life. So, the more your mind thinks about something (either good or bad), the stronger become the neural pathways that are developed in your brain for what you are thinking. This is why you say that someone is “*set in their ways*”. From a neurological perspective, they actually are.

Neuroplasticity is a very important concept because what it says is that if you have developed negative qualities in your life that have become your actual way of life, as well as a spiritual stronghold in your life, that you can physically and chemically reverse the direction of that negativity in your brain. A stronghold is any area of your life that keeps you in bondage and in a “**mental prison**” because of the way that you think about something. However, God has designed your brain to constantly be reshaping and reformatting itself based on **how you think about and respond** to what happens to you.¹ From a biblical perspective, neuroplasticity is simply the “**renewing of your mind.**” [Romans 12:2](#) says,

Ro 12:2 (NKJV) And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

This is a super important verse, and it has a direction connection to [2 Corinthians 10:4-5](#) which says,

2Co 10:4 (NKJV) For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds,⁵ casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

❖ COMPARING MY THOUGHTS WITH GOD’S THOUGHTS

So, what v5 is saying is that **you must know the Word of God well enough so that you can compare what is in your mind with what is in the Word of God.** If they are not compatible, then **you choose** to “**cast down**” that thought in your mind that you know “**exalts itself against the knowledge of God**”.

¹ Newberg, How God, 14.

Your life is always a by-product of the choices you make. **You make your choices and then your choices make you.** So, you have to purposefully and intentionally **keep choosing** to think like God thinks. This is **not** just a one-time decision that you make one afternoon. This is an ongoing process of intentionally choosing to think like God thinks.

KEY PRINCIPLE 43: BECOMING SPIRITUALLY AND MENTALLY STRONG IS ALWAYS A CHOICE.

Listen to how [Deuteronomy 30:19](#) says this.

Dt 30:19 (NKJV) I call heaven and earth as witnesses today against you, *that I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live;*

God was clearly telling Israel that they had to intentionally make a choice to live a godly life. God was NOT going to live the Christian life for them. He made them choose, and He makes you choose. He says, “*Gary, you have to choose to follow Me. You have to choose to believe My Word. You have to choose to be a godly person. You have to choose to think like I think.*”

KEY PRINCIPLE 44: EVERYTHING BEFORE YOU IN YOUR LIFE IS A CHOICE THAT YOU HAVE TO MAKE.

No one is on spiritual autopilot. No Christian is on cruise control. No believer is free to think however they want to think if they are serious about glorifying God in their life. If you are someone who sincerely believes that your Christian life does not need any kind of adjustments, then you have been sadly deceived and you have believed one of Satan’s most powerful lies. [2 Peter 3:18](#) says,

2Pe 3:18 (NKJV) but grow in the grace and knowledge of our Lord and Savior Jesus Christ. To Him be the glory both now and forever. Amen.

The word “**grow**” means to continually be enlarged, to continually be increasing (present tense, imperative mood, active voice).² I.e., to be growing is a command that is to always be ongoing. Unfortunately, many believers are more than satisfied with where they are in their Christian life. Spiritually, that is a very dangerous place that leads to indifference and apathy. Growing in the “**grace and knowledge**” of Jesus Christ is a choice, a daily choice, an ongoing choice. Just listen to some of the ways how everything before you in your life is a choice that you have to make.

1. The kind of words you speak is a choice.
2. The kind of relationship that you have with someone is a choice.
3. How you treat people is a choice.
4. Driving the speed limit is a choice.
5. The food you eat is a choice.
6. Deciding what clothes you will wear today is a choice.
7. Being willing to believe and trust God is a choice.

² Strong’s, *auxano*, #837, ep.

8. Reading and studying the Word of God is a choice.
9. Thinking like God thinks is a choice.
10. Being an active part of a church is a choice.
11. Determining that you will be a godly person is a choice.
12. Being a great employee is a choice.
13. Incorporating God's truth into your life is a choice.
14. Loving your wife and respecting your husband is a choice.

Everything you do in your life is based on some choice that you have to make. So you have to **always be making the choice** to think and to live like God wants you to think and live. You have to make a decision as to what you are going to use as your guide for your choices. You can think like the world thinks, you can mold your choices around what your culture says, you can think like you want to think, or you can think like God wants you to think. It is always a choice.

Be assured that the enemy will do everything in his power to keep you away from the Word of God so that you are not "**renewing your mind**". Why? It is because he does not want God's Word to be controlling how you think. So, he will give you as many unbiblical options as he possibly can. He understands that his control over your life is greatly hindered when you choose God's thoughts and reject his thoughts. He knows that God has designed you to become what you think. For instance,

1. He knows that if you think discouraging thoughts that you will become discouraged.
2. He knows that if you think anxious thoughts that you will become anxious.
3. He knows that if you think ugly thoughts about people that you will become an ugly person.

However, he also knows what will happen when you begin to think like God thinks.

1. He knows that if you think encouraging thoughts that you will become an encouraging person.
2. He knows that if you think kind thoughts that you will become a kind person.
3. He knows that if you think godly thoughts that you will become a godly person.

So, when you start to become discouraged or anxious or ugly, you have to cast down those thoughts and replace them with how God thinks. What you are doing is creating a neural pathway. You have to remove the lie that the enemy has gotten you to believe and replace it with the truth that God wants you to believe. This is how you win the battle for your mind.

KEY PRINCIPLE 45: REMOVE YOUR WRONG THOUGHTS AND REPLACE THEM WITH GOD'S RIGHT THOUGHTS.

Look at [Philippians 1:6](#) and [Philippians 2:13](#), and then say the verses to yourself like I will show you.

Php 1:6 (NKJV) **being confident of this very thing, that He who has begun a good work in you will complete *it* until the day of Jesus Christ;**

Your prayer:

Php 1:6 (NKJV) **I am confident of this very thing, that God who has begun a good work in me will complete *it* until the day of Jesus Christ;**

Php 2:13 (NKJV) **for it is God who works in you both to will and to do for His good pleasure.**

Your prayer:

Php 2:13 (NKJV) **I know that it is God who is working in me both to will and to do for His good pleasure.**

These verses are God's antidotes for discouragement. You know that God is working in you because He tells you that He is working in you. This is how you "transform" your mind. This is how you use the Word of God as your weapon. You intentionally choose to always be "casting down arguments and every high thing that exalts itself against the knowledge of God."

1. You intentionally and deliberately **choose** to focus your mind on how God wants you to think. Do you see that?
2. You intentionally and deliberately **choose** to be a follower of Jesus Christ? Do you see that?
3. You intentionally and deliberately **choose** to honor God with your life, your actions, and your words? Do you see that?

This is living by faith, this is trusting God, and these are the choices that you have to make. If you do not see this simple biblical reality, then in all likelihood, you may never be successful spiritually. Your spiritual life will always be difficult, and you will keep finding yourself struggling to just do the simple things that the Scriptures ask you to do.

KEY PRINCIPLE 46: WHATEVER GOD ASKS OF YOU, HE WILL ALWAYS GIVE YOU THE POWER TO ACCOMPLISH.

Now, it just may seem way too difficult for you to do what God wants you to do, but it should not be that way. Here is what you may say to me and here is what I am going to say to you.

1. I just cannot get along with that person. *Yes you can. Why would you think that?*
2. I just cannot control my anger. *Yes you can. Why would you think that?*
3. I just cannot do all that God wants me to do. *Yes you can. Why would you think that?*
4. I just cannot show respect to my husband. *Yes you can. Why would you think that?*
5. I just cannot control my cursing. *Yes you can. Why would you think that?*
6. I just cannot be faithful like God wants. *Yes you can. Why would you think that?*
7. I just cannot get rid of this bad habit. *Yes you can. Why would you think that?*
8. I just cannot stop worrying. *Yes you can. Why would you think that?*
9. I just cannot deal with my boss any longer. *Yes you can. Why would you think that?*
10. I just cannot forgive that person. *Yes you can. Why would you think that?*

Why would you ever even think that you cannot do what God wants you to do? From where did you get that idea? You see, that is exactly what the enemy wants you to think – that you cannot do what God has told you that you can do. Satan knows that you can do what God wants you to do better than you know it. So, why did I keep saying "Yes you can. Why would you think that?" It is because I believe [Philippians 4:13](#) which says,

Php 4:13 (NKJV) **I can do all things through Christ who strengthens me.**

This verse is what God says, and if God says it, then what He says is true, trustworthy, and life giving. The phrase “**I can do**” is one word in the Greek language in the present tense, active voice, indicative mood. That parsing specifically tells you that you can do what God wants you to do. The indicative mood is the mood of fact. I.e., what God is saying to you is that **it is a FACT that you can do what He wants you to do**. So, if you are ever going to really trust God with your life, then you **MUST** believe that you can do whatever He wants you to do. Just believe Him, just trust His Word, just trust His love for you. At this point, I am not sure how you may define “**faith**”, but if God says that you can, then you can. [Hebrews 11:6](#) says,

Heb 11:6 (NKJV) **But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.**

If you will simply come to God and “**diligently seek Him**”, diligently seek His strength, diligently seek His will, then you will find Him, and when you find Him you will find His strength and power to do what He wants you to do and how He wants you to live. This is not spiritual make-believe. This is not pie in the sky in the sweet by and by. This is the Christian life. This is what it requires. You can go to church all you want, sing in the choir, teach a class, hold a Bible study in your home, but if you never learn how to trust God, what good does all of that do? **You must believe that God will always give you the power to do what He asks you to do.** No matter how we address this, this is how you live the Christian life. You take the Word of God, you implant it in your mind and your heart, and then you believe and obey what it says. Just trust God, trust His Word, and He will give you the power to live out the Christian life. This is not complicated. Your unbelief and believing the lies of the devil, that is what makes it complicated.

KEY PRINCIPLE 47: UNTIL YOU CHOOSE TO CHANGE A NEGATIVE DIRECTION, YOUR LIFE WILL CONTINUE TO MOVE IN A NEGATIVE DIRECTION.³

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³ Groeschel, *Winning*, 77.