

PART 20 - CONNECTING MY MIND WITH MY LIFE

❖ DAYDREAMING

Did you know that neuroscientists believe that most people spend up to 47% of their waking lives daydreaming. When you daydream, you become mentally detached from your current task at hand and your attention drifts to more personal interests. There are various parts of your brain that actually fall asleep when you daydream. The potential negative consequences of this are enormous when you may spend half of your day thinking about something other than what you should be thinking about. You certainly will have a decrease in your performance at school or your workplace, and it can easily lead to deadly traffic accidents. The more sleep deprived you are, the more daydreaming will take place in your life. The more tired you become, the more you will daydream. The more boring your work, the more you will daydream.

I know this may sound crazy, but most of the time people are not thinking about what they are thinking about. Whatever comes into their mind, that is what they are thinking about. It could be something they saw on TV, or something they glanced at on a magazine at Walmart, or something stupid that someone said to them, or something they read on Facebook when scrolling through all of the posts. They are not thinking about what they are thinking about, and when that happens, the enemy begins to simply plant little innocuous, harmless thoughts into their mind. Let us just say that for whatever reason that you are a miserable, discouraged, anxious person, well, it is only because you are thinking miserable, discouraging, and anxious thoughts. **You do not become miserable because of what is happening to you.**

KEY PRINCIPLE 57: YOU BECOME MISERABLE BECAUSE OF WHAT YOU ALLOW YOURSELF TO THINK ABOUT WHAT IS HAPPENING TO YOU.

Let us just consider our thinking for a moment. Just assume once again that something unpleasant happens to you. How do you think that God wants you to see that unpleasant moment? Do you think He wants you to be upset, angry, resentful, agitated, frustrated, or irritated? Yes or no? No. To the contrary, God wants you to enjoy His peace and His grace in the midst of your difficult circumstance. He wants you to look to Him for your strength to handle the moment and the wisdom to know what to say that honors Him. Does God want you to be anxious about what is happening? No, He does not. That is exactly why He says in [Philippians 4:6](#) to “**Be anxious for nothing...**”

These are **NOT** suggestions and options for the Christian life. This is the Christian life. [1 Peter 5:7](#) says that you are to be,

1Pe 5:7 (NKJV) casting all your care upon Him, for He cares for you.

This is how God wants you to think. You must take an inventory of how and what you are thinking. Listen again to what [Isaiah 26:3](#) says. This is a great verse that is so pregnant with truth.

Isa 26:3 (NKJV) You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.

Let me ask the obvious question. Do you think that God wants your mind to always be filled with anxious, fearful, and discouraging thoughts? Yes or no? Absolutely not. To the contrary, He wants your mind to be filled with faith, calmness, and peace. I love how [Isaiah 26:3](#) is given in the AMP Bible.

Isa 26:3 (AMP) You will guard him *and* keep him in perfect and constant peace whose mind [both its inclination and its character] is stayed on You, because he commits himself to You, leans on You, *and* hopes confidently in You.

One reason that some Christians seem so confused and almost paralyzed at times is because they are **always vacillating** from faith to doubt, from faith to fear, from faith to anxiety, from faith to confusion, from faith to unbelief. They say that they believe God, that they trust God, and that they have a confident faith in God, but the moment that something disconcerting or discouraging takes place in their life, it is almost as if they do not know what to do. Listen to how [James 1:6-8](#) describes this,

Jas 1:6 (NKJV) But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. ⁷ For let not that man suppose that he will receive anything from the Lord; ⁸ *he is a double-minded man, unstable in all his ways.*

If you are “**double-minded**” about your faith, then you will be “**unstable in all of your ways**”. I just love the AMP Bible translation. For “**double-minded**” it says “**a man of two minds**”. The HCSB says “**an indecisive man**”.

There is a critical point in your life when you **MUST** decide that you are going to actually believe God and His Word. It is when you intentionally and deliberately surrender your mind and your heart to God in a genuine way. Please understand that God is not going to always be telling you what, why, and how things are going to work out in your life. It would be nice if we knew everything in advance, but that is not how the Christian life works. There just comes a point where you have to fully trust that God has your best interest at heart no matter how things may appear to you. So, there just comes a point in time where you must choose to believe God rather than always questioning and/or doubting God. You can trust God with your life, so just do it. Just trust God. It really is much simpler than we often make it.

God calls this faith and it is not an accident. It is not something that just happens. It is a deliberate choice that you are going to trust God with every area of your life, and that certainly includes your thought life. The best way that I know how to say this is that you must become “**God-minded**”. You cannot become God-minded without knowing His Word. If you know from His Word that God would not think about something or think a certain way, then you should not think that way either. **YOU MUST RECOGNIZE THAT WRONG THOUGHT AND CAST IT DOWN.** You do this by replacing your wrong thoughts with God’s thoughts. If you choose not to do this, then you literally will become a prisoner to your own ungodly and unbiblical thought life.

**KEY PRINCIPLE 58: IF YOU DO NOT TAKE YOUR WRONG THOUGHTS CAPTIVE,
YOUR WRONG THOUGHTS WILL TAKE YOU CAPTIVE.¹**

¹ Turner, 102.

Okay, I want to switch gears for a while and go back to the topic of “neuroplasticity” in your brain. This entire area of neuroscience has been one of the biggest neuroscientific discoveries ever. It completely changed the way that neuroscientists understood the brain. They use to see the brain as something that was static and as you aged, your brain was simply dying and there was no way to change that reality. That perspective has drastically been proven to be very false.

Brain Facts:

1. Your brain is neuroplastic which simply means that it always has the ability to be changing and growing. It means that your brain is flexible, pliable, adaptable, and is always changing and renewing itself based on what you are thinking.²
2. Your brain is able to understand the truth that the Spirit of God has placed into your mind.

For instance, [Romans 1:18-20](#) speaks about what God has placed into every human being on the planet – what I want to call a “*consciousness of God*”.

Ro 1:18 (NKJV) For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who suppress the truth in unrighteousness,¹⁹ because what may be known of God is manifest in them, for God has shown it to them.²⁰ For since the creation of the world His invisible *attributes* are clearly seen, being understood by the things that are made, *even His eternal power and Godhead, so that they are without excuse,*

So, it is with your mind that you take the spiritual truths that God has placed into your mind and actually **wire, transfer, move, place, and convey** those truths into your brain. I think the process is simple. This is how it works.

KEY PRINCIPLE 59: GOD’S PLACES HIS TRUTH INTO YOUR MIND WHICH THEN PLACES HIS TRUTH INTO YOUR BRAIN.

Listen to [James 1:21](#) which says,

Jas 1:21 (NKJV) Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls.

The word “**implanted**” means, and this is very important, to be inborn and engrafted from another source.³ That source is the truth of God’s Word that is communicated to our spirit by His Spirit.

❖ **FAULTY WIRING**

It is amazing to me what faulty wiring can do to a home. It can actually burn a home to the ground and leave most of a family dead. So, the last thing that you want to happen is to build something, but it not be wired properly. By the same token, the last thing that you want to happen in your brain is for it to not be wired properly.

Now, there is something that is critical to understand at this point, so listen carefully. **YOU** personally can either **accept or reject** what “**God has shown**” to you at any time in your life. If you reject what

² Leaf, Switch, 14, 22.

³ Zodhiates, *emphutos*, 579.

God has “**manifested**” to you, then that unbelief becomes physically wired into your brain. Let us just call it “*faulty mental wiring*”. In our terminology, the last thing that you want to happen is for your unbelief and unwillingness to trust God to become a neural pathway and continue to grow as you continue to reject God. I want you to think of yourself very much as a “spiritual being”, as someone who can have an incredibly unique relationship with the God of Scripture. However, because of how God has made you, you are the one who has to choose to develop this part of who you are. I have said it often, but spiritual growth is never accidental, but it is always intentional and deliberate.

So, and this is good, what the concept of neuroplasticity says is that your bad choices and negative attributes can be “**physically** rewired” and changed in your brain to become good choices and good attributes.⁴ I.e., you do not have to be a permanent prisoner to your bad habits or bad decisions. If you have previously wired wrong thoughts into your brain, you can rewire them out. If you have developed bad habits in your life, you can develop good habits to replace them. We make bad decisions that make us, but all of that can be changed. So, in our modern vernacular, you can literally change the “programming” and the actual chemistry of the negative elements that you have previously placed into your brain.⁵

**KEY PRINCIPLE 60: WHAT YOU THINK IN YOUR MIND PHYSICALLY CHANGES
WHAT IS IN YOUR BRAIN.**

It is what you think that ultimately determines the quality of your life, not your DNA. I firmly believe that God holds you responsible to look at your life and evaluate what you think about and how you can change what you think about when it is not what God would want you to think. Right thinking leads to right choices and wrong thinking leads to wrong choices. It is critical that you understand how powerful your choices and decisions actually are neurologically. When you make a certain choice in your life, it physically creates proteins and chemicals in your brain that impact what you will think about in the future. Remember that the more you think about something, either good or bad, the stronger those thoughts will become in your life. So, what you choose to believe about God and about your hope and future in God, will have a tremendous impact on your future thought life.

Let me provide a very simple illustration of how a choice that you make impacts what you think about in the future. Let us assume that you want take a vacation somewhere, so you decide to go to Hawaii. Well, that one decision will impact a lot of territory in your brain for a long time. You will have to decide to what island you want to go to, when you can go, and how much all of this will cost. You will have to reserve a hotel room and a car to drive around in when you arrive. You will need to figure out which airline you will fly and what is the best time of year to go. You will have to decide if you need any new clothes to take and how many days you can stay. You will need to do some research on how you should spend your time when you get there – go to Pearl Harbor, visit a pineapple field, watch them surf on the North Shore, find the best restaurants. What you have to think about because of just one decision is huge.

⁴ Leaf, Switch, 13-14.

⁵ Leaf, Switch, 13.

So, you must remember how powerful just one decision and one choice can be in your life. Let us assume, for instance, that you choose to ignore God and His Word in your life. If you do that, then that decision will impact your life in ways that you may not realize until it is way too late. It will certainly impact your children and the spiritual choices they make. It will certainly impact where you spend eternity. It will impact how you use your time and your resources. It will impact your conscience and maybe even create guilt and shame in your life. It will quickly propel your life in a very worldly and carnal direction. It will most likely negate most of God's blessings on your life. There is no telling what all of the negative consequences of that one wrong choice will be, but they will certainly be there.

Brain Facts:

1. Your brain is composed of physical elements, electromagnetic elements, quantum energy, and neurochemicals that are constantly switching on and switching off groups of genes in a positive or negative direction based on what you are thinking and the resultant choices that you make. Scientifically, this is called "epigenetics".
2. Epigenetics is the study of how your thoughts, behavior, choices, emotions, lifestyle, and environment cause changes that affect the way your genes work.
3. Your brain responds to your mind by sending out neurological signals to every part of your body. This means that your thoughts and emotions are transformed into physiological effects that in turn transform into mental and emotional states.
4. What you think about in your mind creates what are called "**thought networks**" that are constantly growing. These "thought networks" are always working together neurologically to adapt to what and how you are thinking, so they create an accumulated impact on your life.

This is amazing because what it means is that your "**immaterial**" beliefs and convictions about God literally take on a "**material**" existence as a positive or negative change in your cells – and YOU are in control of all of this.⁶ This means that you are fully responsible to get your mind right, to think right, and to think like God thinks. It is simply a matter of concentrating on how to think the way that God wants you to think. I actually see it as exercising faith in God and His Word.

5. One of the most interesting facts that I have learned about the brain, is that when you believe strongly in God and His Word, and when you have and exercise genuine faith in both, it actually stimulates your immune system and strengthens those areas of your brain that motivate you.

KEY PRINCIPLE 61: YOUR FAITH IN GOD CREATES A NEUROLOGICAL PROPENSITY TO FURTHER TRUST GOD WITH YOUR LIFE.

This is so amazing to me. I.e., the more often you actually trust God with an area of your life, that mental choice increases your motivation and tendency to further exercise your faith in God. When that happens, **you can literally reverse the entire direction of your life**, and it is something that can happen fairly quickly. This is amazing information for anyone who is struggling in their life with bad habits, bad choices, and bad attitudes. The more you learn about how God has made you, the more hope you have

⁶ Leaf, Switch, 14, 20.

for your life. You are never alone. God has said that “**He will never leave you or forsake you**” (**Deuteronomy 31:6, 8**). **With God, you always have a way through any difficulty**. That is why He is called “**the God of hope**”. Because of how God has made your brain, you can change anything in your life that you know is not pleasing to Him.

Just as an example, consider what anger does to your brain. It creates both anxiety and aggression in you. Anger physically interrupts the functioning of your frontal lobes. Dr. Andrew Newberg describes becoming angry this way. He says,

*“Not only do you lose the ability to be rational, you actually lose the awareness that you are acting in an irrational way. When your frontal lobes shut down, it is impossible for you to listen to the other person, let alone feel any empathy or compassion for them. **However**, when you intensely and consistently focus on your spiritual values and goals, you increase the blood flow to your frontal lobes and anterior cingulate which causes the activity in the emotional centers of your brain to decrease.”⁷*

What Dr. Newberg is saying is profound. **When you think like God thinks, it neurologically decreases your tendency to vent negative emotions.** How amazing is that? When you focus your mind and attention on what and how God wants you to think, you are building neural pathways that automatically activate those parts of your brain that motivate you and encourage you to continue responding in a manner that will honor God. You cannot improve on biblical faith.

BIBLIOGRAPHY

Leaf, Caroline. *Switch On Your Brain*. Grand Rapids, Michigan: Baker Books, 2013.

Newberg, Andrew, and Mark Robert Waldman. *How God Changes Your Brain*. New York, New York: Ballentine Books, 2010.

Turner, Eddie. *Conquering the Chaos In Your Mind*. Shippensburg, Pennsylvania: Harrison House Publishers, 2021.

Zodhiates, Spiros. *The Complete Word Study Dictionary: New Testament*. Revised. Chattanooga, Tennessee: AMG Publishers, 1992.

⁷ Newberg, How God, 19-20.