

## Daily Devotional, September 29, 2020 Total Mind Control

***The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. Romans 8:6***

A man went in for a routine doctor visit. The doctor welcomed him, went over his charts and told the man, "You know your brain fell out after your accident, but we managed to put it back in." The man replied, "Thanks for reminding me."

There have been countless studies on the brain with the earliest medical records we know of dating back to 1,700 BC. The hieroglyph for the brain, which occurs eight times in this papyrus, describes the symptoms, diagnosis, and prognosis of two separate patients, both wounded in the head, who had compound fractures of the skull. Observations by ancient civilizations of the human brain suggest only a relative understanding of the basic mechanics and the importance of cranial protection. Additionally, the general consensus of medical practice pertaining to human anatomy was based on myths and superstition.

Medical experts today estimate that we think between 60,000 and 80,000 unique thoughts a day. On average, that's 2,500-3,300 thoughts per hour. What is even more spectacular about the brain is that we cannot think more than one thought at a single time but can pack in *hundreds* of thoughts in minutes. I have learned that drummers and boxers are brainiacs because they can process countless thoughts to maneuver their body in rapid fashion. You may not know this but, have I mentioned that I am a drummer?

Scripture has much to say about our thoughts, including the power the brain has over our body and soul. Paul had a convincing understanding of how much our thoughts determine our actions and he wrote much in regard to that throughout his book of Romans, which was written to the Christians in Rome. In today's reading, he shares with us that the direction where our thoughts go depends on what is controlling our thoughts - sin or the Holy Spirit.

When I was in seminary, a spiritual director that I was seeing shared some life changing wisdom with me. She told me that in order to conquer evil I would be more successful when I had positive thoughts about defeating evil, rather than negative thoughts. For example, I would be more likely to overcome evil if I thought, "I am strong enough through Christ to be free" instead of thinking, "I won't fall prey to evil today."

How many of your approximately 70,000 thoughts today will you allow the Holy Spirit to control, leading to a day of life and peace? How long have you been awake? If you do the math, estimating your hours awake multiplied by 3,000 thoughts, how many of your thoughts so far have been polluted by sin and evil, ultimately leading to death? Sin infects and degenerates everything it touches, but God created our brains and wants to lead us into life and peace starting with our thoughts. Turn your thoughts over to the Spirit in prayer and begin a life of true peace!

***Prayer: Lord, I come before you ready to pour out my worries, anxieties, and fears before You. I am proclaiming Your promises for blessings of peace and strength over my life. Bring peace into my soul that passes all worldly understanding and make me a light for others to see Your strength. In the name of Christ, I pray. Amen.***