



Shofar Christian Church

# A penny for your thoughts

Karl Holz

<sup>1</sup> If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. <sup>2</sup>*Set your minds on things that are above*, not on things that are on earth. <sup>3</sup>For you have died, and your life is hidden with Christ in God. <sup>4</sup>When Christ who is your[a] life appears, then you also will appear with him in glory.

Colossians 3:1-15 (ESV)



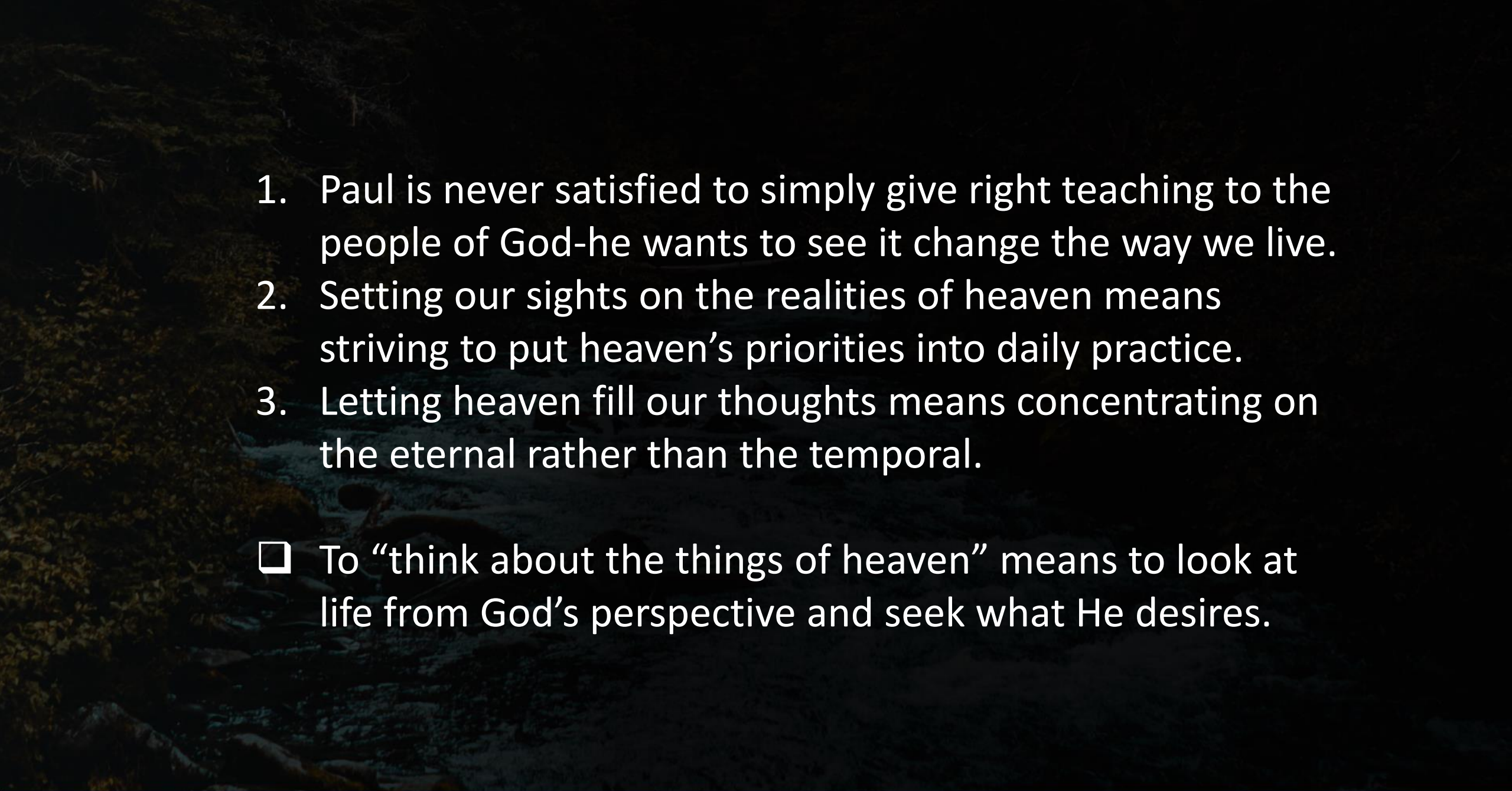
<sup>5</sup>Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. <sup>6</sup> On account of these the wrath of God is coming. <sup>7</sup> In these you too once walked, when you were living in them. <sup>8</sup> But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. <sup>9</sup> Do not lie to one another, seeing that you have put off the old self with its practices <sup>10</sup> and have put on the new self, which is being renewed in knowledge after the image of its creator.

Colossians 3:5-10 (ESV)

<sup>12</sup> Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, <sup>13</sup>bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. <sup>14</sup> And above all these put on love, which binds everything together in perfect harmony. <sup>15</sup> And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.

**Colossians 3:12-15 (ESV)**



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1. Paul is never satisfied to simply give right teaching to the people of God-he wants to see it change the way we live.
  2. Setting our sights on the realities of heaven means striving to put heaven's priorities into daily practice.
  3. Letting heaven fill our thoughts means concentrating on the eternal rather than the temporal.
- ☐ To “think about the things of heaven” means to look at life from God’s perspective and seek what He desires.

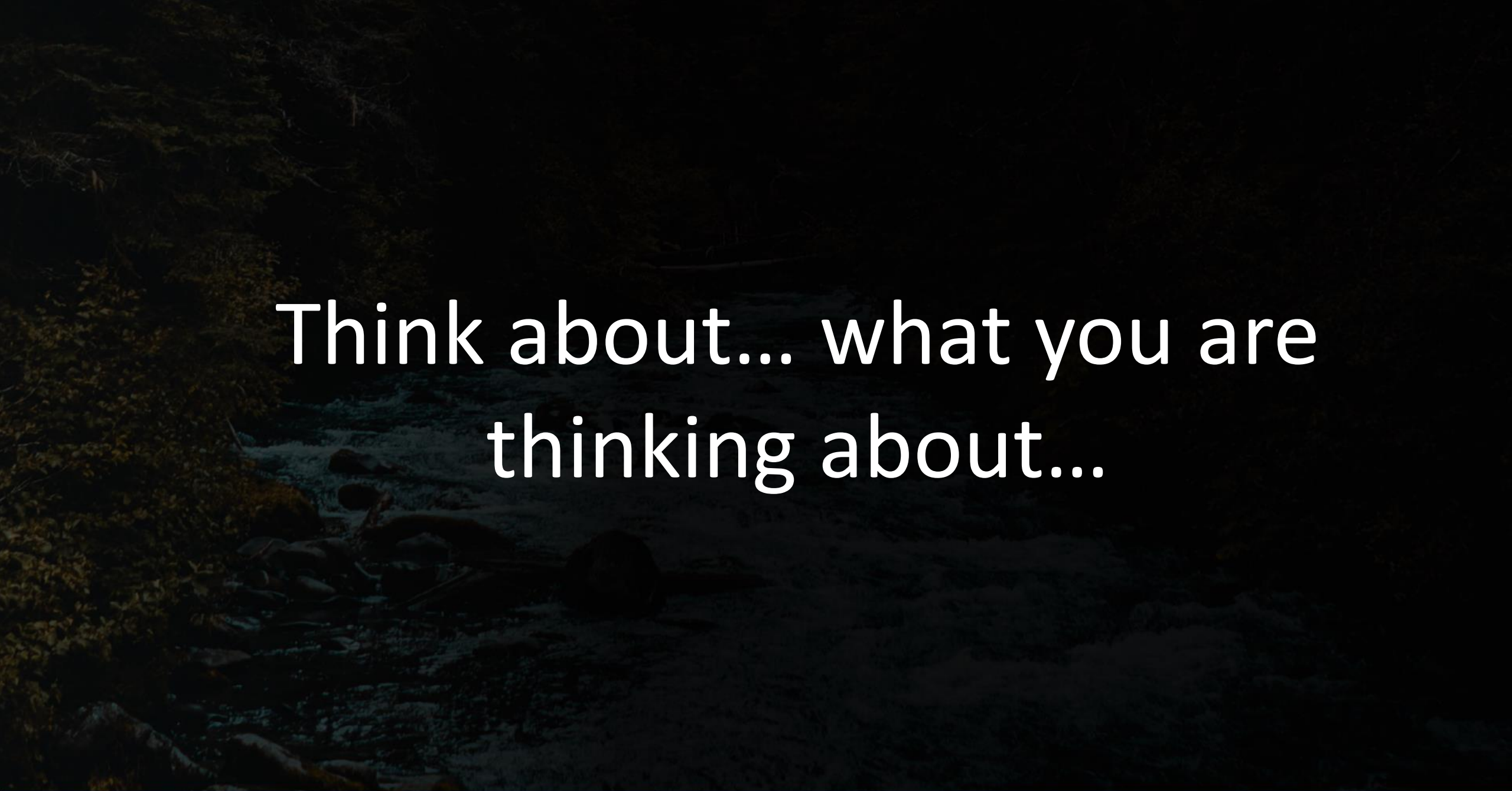
- This involves the transformation of one's mind in the obedient submission to God's will as manifested in both thoughts and actions (cf. Rom 12:1-2)
- The call to submit to God's will with a transformed mind in Rom 12:1-2 is followed by calls "to think" through the mind of Christ (12:3,16) (*ZECNT*)



- A massive body of research has now shown that the mind-body connection is real-what we think affects us emotionally, intellectually and physically.
- For every thought that you meditate on, there is a physical reaction in your body in the form of electrical current travelling along the nerves in your brain and the production of various hormones and chemicals that flow throughout your entire body in response to those thoughts.
- What you think affects your whole body.
- Every time you meditate on a thought, it is actively changing your brain and body in either a positive or destructive way (*Healing begins with sanctification of the heart: Dr MK Strydom; 2010*)

- Biblically, your soul consists of your mind, will and emotions;
- The mind is that part of the soul that processes all incoming information through the physical senses. It thinks and provides a rational basis on which to make the day-to-day decisions of life. (*Healing through deliverance-Peter Horrobin*)
- The average person has over 30,000 thoughts a day.  
<https://drleaf.com/about/toxic-thoughts/>





Think about... what you are  
thinking about...

- Your brain is made up of nerves. Each nerve looks like a tree - it has a trunk (called an axon) and branches (called dendrites).
- You are taking in information from the environment around you all the time through your five senses. five senses (what you are seeing, hearing, touching, smelling and tasting)
- Information from all five senses (what you are seeing, hearing, touching, smelling and tasting) is pouring into your brain. *(Healing begins with sanctification of the heart: Dr MK Strydom; 2010)*



- Your brain is processing and storing this information by building branches on the nerves in your brain. A new branch is made for every new piece of information. Proteins are made and used to grow new branches to hold the information from your thoughts – this process is called protein synthesis.
- Memory is the information stored on the branches of the **nerves**. (Healing begins with sanctification of the heart: Dr MK Strydom; 2010)

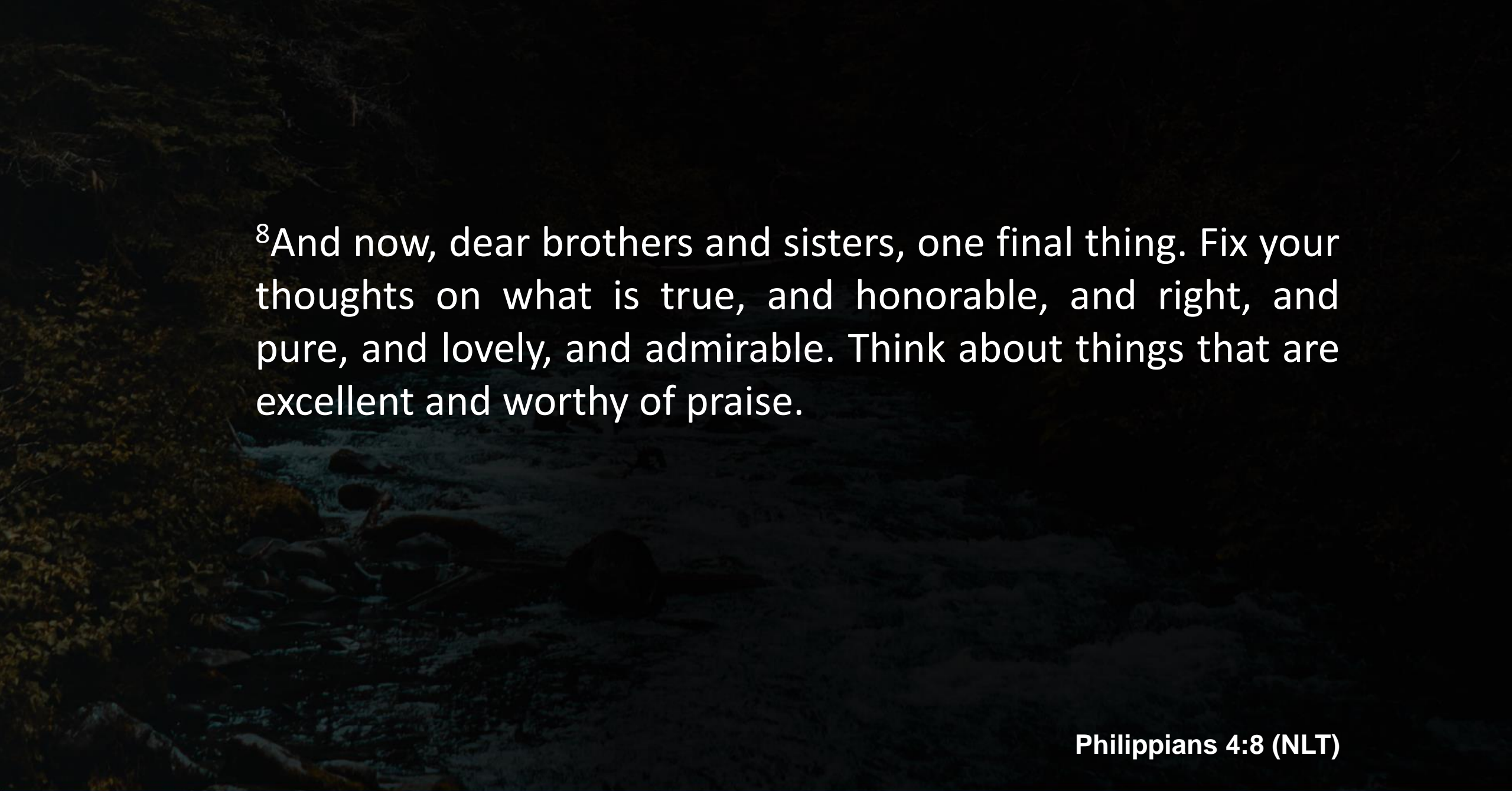
## Taking thoughts captive

- Once the information enters your brain in the form of an electric current, it travels through various areas until it reaches your free will.
- Science has discovered an actual physical structure in your brain which is your free will.
- It is situated at the front of your corpus callosum.
- The corpus callosum is the sausage shaped area of your brain that you use to think and to meditate on and analyze information.
- **At the free will is where you decide to accept or reject a thought.**



<sup>3</sup>For though we walk in the flesh, we are not waging war according to the flesh. <sup>4</sup>For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. <sup>5</sup>We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,

**2 Corinthians 10:3-6 (ESV)**



<sup>8</sup>And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

**Philippians 4:8 (NLT)**