



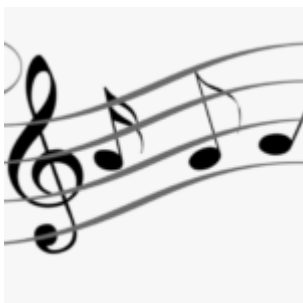
What's On Your Mind?

Cindy Barclay

Finally, brothers,
whatever is true,
whatever is honorable,
whatever is just,
whatever is pure,
whatever is lovely,
whatever is commendable,
if there is any excellence,
if there is anything
worthy of praise,

**THINK
ABOUT
THESE
THINGS.**
PHILIPPIANS 4:8

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Teddy Bear, Teddy Bear turn around

Teddy Bear, Teddy Bear touch the ground

Teddy Bear- Teddy Bear

WAIT! Why in the world am I singing this song?????

LOL. I had just spent the last couple of hours with our 2 year old grandson, Titus. We played and

sang, and as it happened, the tune stuck in my head.

Ironic, isn't it, the words and songs that stick in our heads? What's stuck in your head today?

My thoughts are with Bethany- who just left our home to go to KU campus. She'll have classes in the morning and then she'll be assigned to 3 different 10 week internships to gain work experience to help her find the work she's passionate about.



As Bethany is starting her new venture into the collegiate world, she's not thinking about what I'm thinking! I'm thinking- growing up fast, new independence, learning, new skills, out of her comfort zone, God please help her.

Well, LOL and bring on the prayers. I'll tell you what's stuck in her head!!! Sigh, eye roll and I quote.....

"I just want to meet guys and have fun."

<https://youtu.be/XZtxjIYzlgA>

Life is flooding my mind. In truth, my mind is down right crowded. And not always with prayers and praises. Not just nursery rhymes and to do lists, but plenty of weedy thoughts to pull and negative to to block.

Did you know our brains are bombarded every day with an estimated **60,000 - 80,000 thoughts a day**. That's an average of **2500 - 3,300 thoughts per hour!!!!** Our synapses are firing God only knows how many ???? mph!!! I'm tired just thinking about my brain trying to multi-task, figure out problems, learn new things, or process information! Or what happens when my brain overloads and I

have to shut down or reset before I can continue?

But God has a solution to brain overload of or an overly full mind.

Set your mind on things above!



He urges us to weed out thoughts, block certain thoughts, replace certain thoughts and FILL our minds with good things!!!

[Tweet "God tells us to fill our mind with these thoughts; lovely, good, true. Phil 4:8 #GodMindFULL"]

Each year, we choose a saying or thought to share with our kids when they leave our home to go to school or work. Over the years we've chosen things like "May the Lord bless you and keep you today and make His face shine upon you." or when Bethany was younger, we'd say, "Don't forget the 5 L's today- "Listen, Learn, Love, be a Light and be a Leader."

This year, our last "baby" is going off to KU. We want to help her fill her mind with God's promises. We pray she grows in her mindFULLness of God's forever love and presence.

Our Bible verse for the year is

[Tweet ""The Lord says, I will make you wise. I will show you where to go. I will guide you and watch over you." Psalm 32:8"]

And driving her to campus, we affirm together:

"I am God's child. He's always with me. He'll always help me. He'll always love me. I know this is true because God is love and love never fails."

[Tweet "Let our mind think on these things. God above. God of beauty. God of truth. #GodMindFULL"]

What we think about, determines our growth as a person. There's a million voices out there trying to fill up our mind- and our children's minds. Only we can take control over the gates of our mind!

Just think: What would happen if we put God Thinking and Speaking into action in our lives? What would it be like if we rejected WorldFull thinking and filled up on GODFULL thinking?

It only happens when we **train our brain** to think about God and His ways.

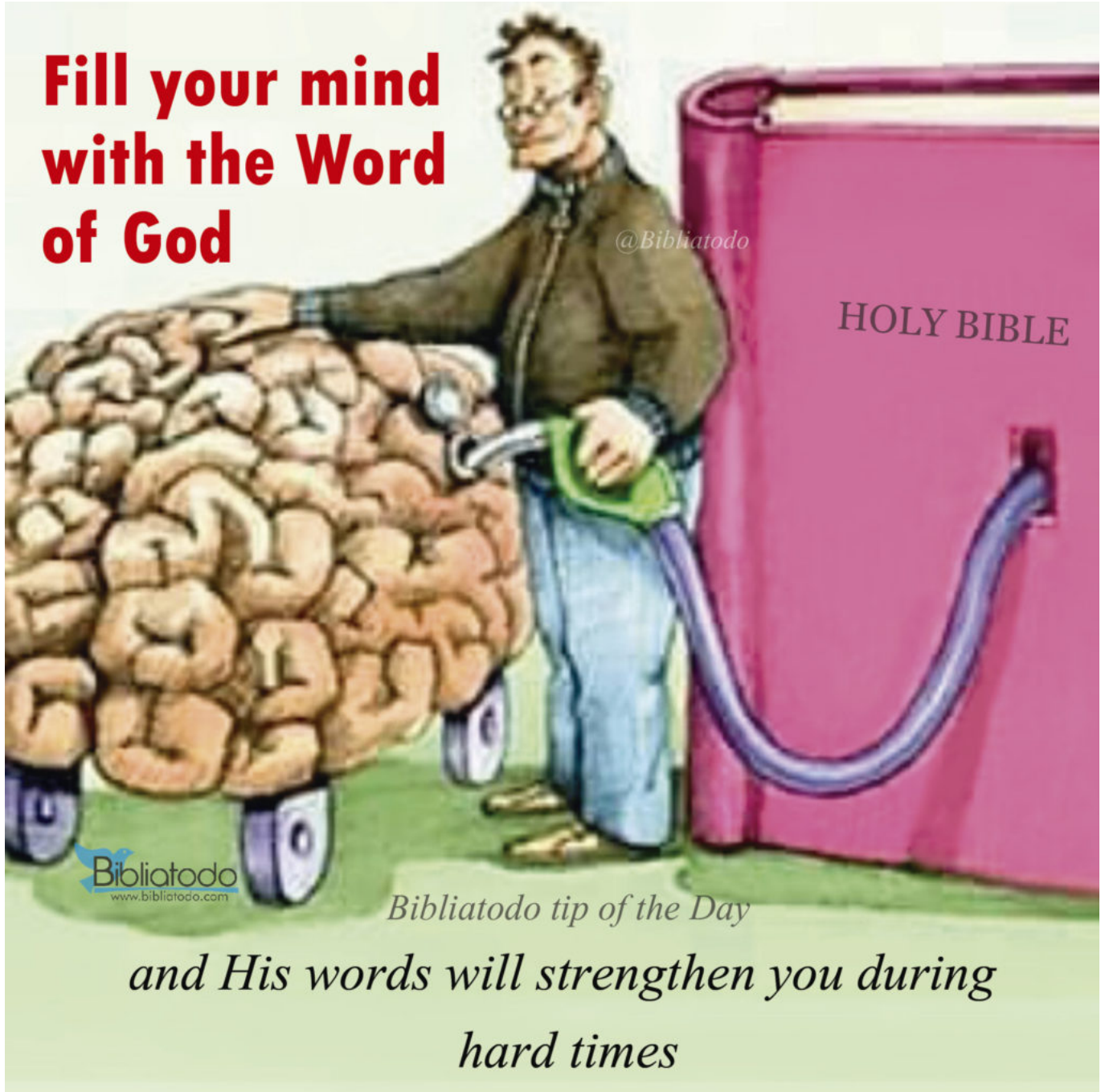
[Tweet "Be Still! Know and comprehend and experience that I AM GOD. #GodMindFULL"]

Wouldn't it be amazing if our minds felt like they were going to burst with awe and thankfulness to God, instead of bursting with worry? What would it be like to have peaceful, loving thoughts that filled our minds as we went through our days? As we train our brains, refocus, choose to think on Him, He will transform the very fabric of our lives!

God wants to fill our minds with truth. And beauty. And Love. And goodness. And wisdom.

But most of all, He wants to fill our minds with Him.

Fill your mind with the Word of God



God's Surprising Treasure:

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. Phil. 4:8