

Messenger of Truth

"Holding forth the Word of Life" (Phil. 2:16)

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## **The Mind**

"The mind is the eyesight of the soul." – Friedrich Schiller

"The mind grows by what it feeds on." – Josiah Gilbert Holland

"If you keep your mind sufficiently open people will throw a lot of rubbish into it." – William A. Orton

"It is not enough to have a good mind; the main thing is to use it well." – Rene Descartes

"A mind is a terrible thing to waste." – United Negro College Fund, 1972

When we speak of one's mind, obviously we are looking at one's thoughts, understanding and imagination. It is the source of our words and actions. Scripture at times refers to it as the *heart*. "But those things which proceed out of the mouth come from the heart, and they defile a man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies. These are the things which defile a man..." (Matt. 15:18-20).

It has been aptly described, that the mind is a battleground. We have the ability to harbor both thoughts of good and evil. But the hardest thing perhaps we face, is learning to control our minds. "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" (2 Cor. 10:5).

What was Paul's admonition to the church at Philippi in this regard? "Let this mind be in you which was also in Christ Jesus, who, being in the form of God, did not consider it robbery to be equal with God, but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men. And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross" (Phil. 2:5-8).

This suggests to us that it is possible to retrain the mind. Does not the Scripture even say that of Jesus? "Though He was a Son, yet He learned obedience by the things which He suffered" (Heb. 5:8). And we in turn can learn from Him. "...Christ also suffered for us, leaving us an example, that you should follow His steps" (1 Pet. 2:21).

The apostle Paul admonishes us to adjust our minds accordingly, by focusing on the right things. "Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy – meditate on these things" (Phil. 4:8).