

Renewing the Mind

The human body is exposed to toxic substances in the environment and the body also produces toxins through its various chemical reactions. For our bodies to survive they must eliminate those toxins. This process is called “detoxification.” The key organs responsible for detoxification are the kidneys, skin, colon, lungs and liver. Our God created our bodies in a brilliant way.

Have you ever thought of what God planned for detoxing our minds? Just like our bodies, our minds need detoxification. Our minds are bombarded every day with information. Some is good and some is bad. As Christians we have three enemies—the world, Satan, and the flesh. Our mind gets toxic deposits from those three sources all day long.

The Bible teaches that the world system is anti-Christ and anti-Christian. Jesus told His disciples, “If you were of the world, the world would love you as its own; but because you are not of the world, but I chose you out of the world, therefore the world hates you” (John 15:19 ESV).

Satan throws flaming darts at the Christians (Eph. 6:16); these are wrong thoughts or temptations. In Acts 5 we read this example, “But Peter said, ‘Ananias, why has Satan filled your heart to lie to the Holy Spirit...?’” (Acts 5:3).

Our flesh and its desires can be a source of wrong thinking that lead to wrong decisions, “For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do” (Gal. 5:17).

The anti-Christian messages of the world, the wrong thoughts from Satan and the desires of the flesh leave a lot of toxins in our mind and heart. Most of those toxins are lies; they are untruths. Daily we must remove those toxins from our minds and hearts or our thinking will be poisoned by lies that result in wrong thinking. Wrong thinking leads to negative emotions and negative emotions propel us to wrong decisions. Wrong decisions cause our quality of life to decay.

God knows that our minds and hearts need daily removal of toxins. The Lord wants us to “not be conformed to this world but be transformed by the renewal of your mind...” (Rom. 12:2). How do we renew our minds? How do we take out the bad and put in the good? The Lord Jesus said that it is God’s Word that does the work of washing and cleansing. “Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word” (Eph. 5:25-26). It is when we read God’s Word each day that the Spirit of God begins to use the truth of the Bible to point out mental toxins and to remove them and replace them with the truth of God’s Word.

The problem is that many people think they have no mental toxins. That is part of the deception. Your mind can be filled with wrong thinking and you believe your thinking is fine. You need an outside, a transcendent, cleansing power to point out the toxins and remove them. Nothing can do that divine work but the Bible. “For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires” (Heb. 4:12).

Satan, the world, and the flesh will do everything they can to keep you away from the daily reading of God’s Word. You will talk yourself into a thousand reasons why you do not need to read the Bible.

Perhaps the most deceptive one is, “I don’t need to read it because I know it.” Knowing is the beginning not the destination. We read the Word every day for cleansing purposes. The Lord said, “Already you are clean because of the word that I have spoken to you” (John 15:3). The Word cleanses. We read it every day so that our mind can be renewed, “...to be renewed in the spirit of your minds” (Eph. 4:23). We read it because ultimate success comes when we obey it, “Having purified your souls by your obedience to the truth...” (1 Pet. 1:22).

Frank Outlaw said, “Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny.” I will end with the words of Psalm 119:9, “How can a young man keep his way pure? By guarding it according to your word.”

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