



Shofar Christian Church

A penny for your thoughts

Karl Holz

¹ Aangesien julle saam met Christus uit die dood opgewek is, moet julle strewe na die dinge daarbo waar Christus is, waar Hy aan die regterhand van God sit. ²Rig julle gedagtes op die dinge wat daarbo is, nie op die dinge wat op die aarde is nie, ³want julle het gesterwe, en julle lewe is saam met Christus verborge in God. ⁴Wanneer Christus, wat julle lewe is, by sy wederkoms verskyn, sal julle ook saam met Hom verskyn en in sy heerlikheid deel.

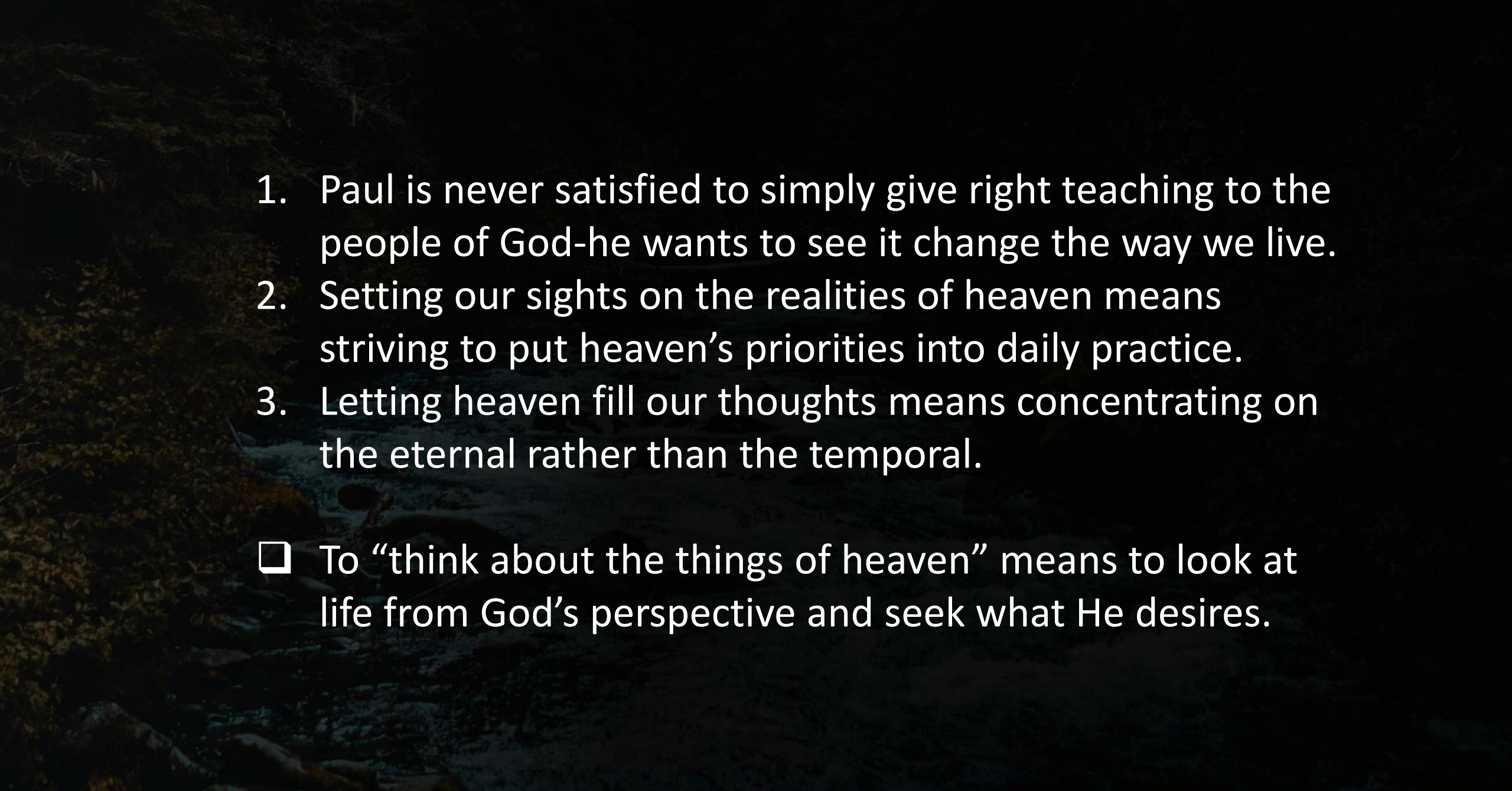
Kolossense 3:1-4

⁵Daarom moet julle die aardse dinge doodmaak wat nog deel van julle lewe is: onsedelikheid, onreinheid, wellus, slegte begeertes, en gierigheid, wat afgodery is. ⁶Deur sulke dinge kom die straf van God oor die mense wat aan Hom ongehoorsaam is. ⁷Vroeër het julle ook aan dié dinge meegedoen toe julle nog daarin gelewe het. ⁸Maar nou moet julle al hierdie dinge laat staan: woede, haat, nyd en gevloek. Vuil taal moet daar nie uit julle mond kom nie, ⁹en moenie vir mekaar lieg nie. Julle het met die ou, sondige mens en sy gewoontes gebreek ¹⁰en leef nou die lewe van die nuwe mens, wat al hoe meer vernuwe word na die beeld van sy Skepper en tot die volle kennis van God.

Kolossense 3:5-10

¹² Julle is die uitverkore volk van God wat Hy baie lief het. Daarom moet julle meelewend, goedgesind, nederig, sagmoedig en verdraagsaam wees. ¹³Wees geduldig met mekaar en vergewe mekaar as die een iets teen die ander het. Soos die Here julle vergewe het, moet julle mekaar ook vergewe. ¹⁴Bo dit alles moet julle mekaar liefhê. Dit is die band wat julle tot volmaakte eenheid saambind. ¹⁵En die vrede wat Christus gee, moet in julle lewens die deurslag gee. God het julle immers geroep om as lede van een liggaam in vrede met mekaar te lewe. Wees altyd dankbaar.

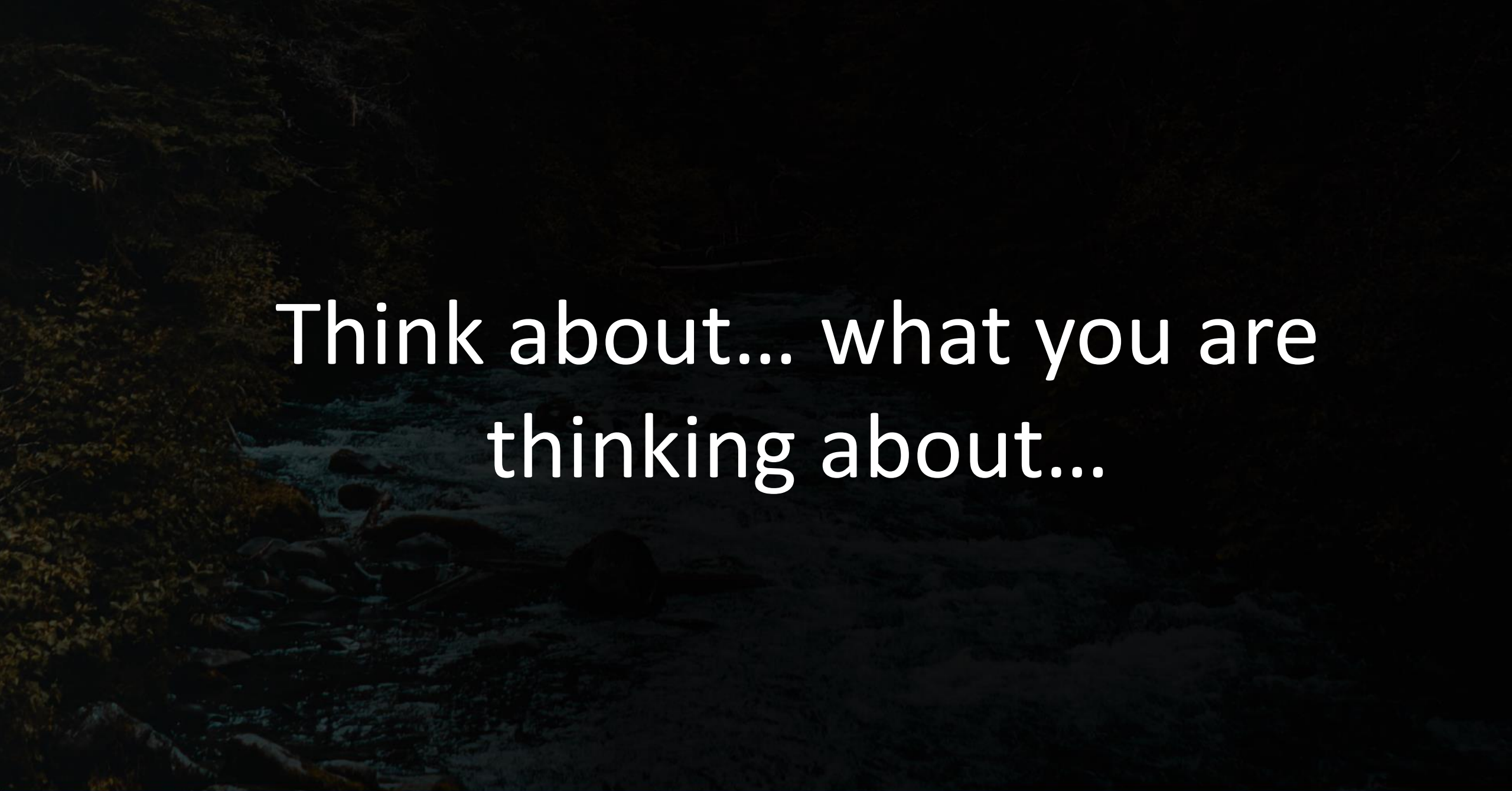
Kolossense 3:12-15

- 
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.**

³For Natuurlik leef ons in 'n menslike liggaam, maar ons voer nie die stryd met menslike wapens nie. ⁴Die wapens van ons stryd is nie die wapens van die mens nie, maar die kragtige wapens van God wat vestings kan vernietig. Daarmee vernietig ons die redenasies ⁵en elke hooghartige aanval wat teen die kennis van God gerig word. Ons neem elke gedagte gevange om dit aan Christus gehoorsaam te maak. ⁶Ons is ook gereed om met elke ongehoorsaamheid af te reken sodra julle eie gehoorsaamheid volkome is

2 Korintheërs 10:3-6

⁸Verder, broers, alles wat waar is, alles wat edel is, alles wat reg is, alles wat rein is, alles wat mooi is, alles wat prysenswaardig is – watter deug of lofwaardige saak daar ook mag wees – daarop moet julle julle gedagtes rig.

Filippense 4:8