

Christian Supplement for “The 7 Day Mental Diet”

Though the article the “7 Day Mental Diet” isn’t necessarily a “Christian” article I love the concept! It’s a practical tool that challenges and inspires me to live out my Christian faith in a simple and profound way everyday. And I feel happier as a result!

Change your thoughts, change your life!

So, WHERE IS IT WRITTEN?

Science confirms what Scripture has been saying all along, we are shaped in large part by our thoughts. And the Scriptures have much to say about the act of thinking and our thought life. The words think, thought, and mind are used hundreds of times in the Bible.

The writer of **Proverbs 23:7** (NASB) states succinctly: *“As he thinks within himself, so he is.”*

Often the Scriptures refer to the heart as the source of our thoughts:

“The heart of the righteous weighs its answers, but the mouth of the wicked gushes evil.”
(Prov. 15:28 NIV)

“But the things that come out of the mouth come from the heart...” **(Matt. 15:18–19 NIV)**

God, of course, knows the content of our thoughts:

“All the ways of a person are pure in their own eyes, but the Lord weighs the spirits (the thoughts and intents of the heart).” **(Prov. 16:2 AMP)**

Our Creator designed us so that our thoughts have an impact on every aspect of life. Positive thoughts bring about positive effects. Negative thoughts take everything - from attitude to health - in the opposite direction.

No wonder the author of Proverbs wrote, *“A cheerful heart is good medicine, but a crushed spirit dries up the bones.”* **(Prov. 17:22 NIV)**

He knew what modern science has confirmed: Negative thoughts are a form of pollution to our mind and body. What’s more, our thoughts - good and bad - affect what we say and do. Jesus said,

“The good person brings good things out of the good stored up in their heart, and the evil person brings evil things out of the evil stored up in their heart. For out of the overflow of the heart their mouth speaks.” (Luke 6:45 NIV)

So, a few Questions to Ponder:

ARE YOUR THOUGHTS SHAPING YOU?

OR

ARE YOU SHAPING YOUR THOUGHTS?

WHAT ARE YOUR THOUGHTS PRODUCING?

IF YOU'RE NOT IN CONTROL OF YOUR MIND, WHO IS?

WHO HAS CONTROL OF WHAT YOU THINK? YOU, OR GOD?

THINK ABOUT THIS!!

We aren't helpless victims of our thoughts. We simply must learn how to direct their course.

And if we still need more biblical convincing that the “7 Day Mental Diet” might be a helpful tool to use, here are two of my favorite verses about the power of changing our minds with God’s help and our effort. It’s about TRANSFORMATION!

Romans 12:2 *“Be transformed by the renewing of your mind.”*

Philippians 4:8 *“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”*

A few more resources for you - a book, a quote and a song.

A **Book** by Christian Counselor H. Norman Wright: [A Better Way to Think: Using Positive Thoughts to Change Your Life](#)

A **Quote** by Christian Pastor Chuck Swindoll - describing the power we have to direct our thoughts:

Thoughts, positive or negative, grow stronger together when fertilized with constant repetition. That may explain why so many who are gloomy and gray stay in that mood, and why others who are cheery and enthusiastic continue to be so, even in the midst of

difficult circumstances. Please do not misunderstand. Happiness (like winning) is a matter of right thinking, not intelligence, age or position. Our performance is directly related to the thoughts we deposit in our memory bank. We can only draw on what we deposit.

What kind of performance would your car deliver if every morning before you left for work you scooped up a handful of dirt and put it in your crankcase? The fine tuned engine would soon be coughing and sputtering. Ultimately, it would refuse to start. The same is true of your life. Thoughts about yourself and attitudes toward others that are narrow, destructive and abrasive produce wear and tear on your mental motor. They send you off the road while others drive past.

So, here's to you as you cruise down the highway of life, driving past others, and enjoying the scenery with that finely tuned engine and your POSITIVE MENTAL ATTITUDE!!

P.S. Here's a **song** you might also enjoy. It's one of my favorites. ["Change your Mind"](#) by Sister Hazel