

# What are You Thinking?

By Tim Cosby

## Think fast

Face it, one thing takes up all your time. Thinking! I can't think of a time that I'm not thinking. Some would disagree. George Bernard Shaw quipped, "Few people think more than two or three times a year; I have made an international reputation for myself by thinking once a week." George Bernard Shaw Most of us speak at the rate of about 125 words per minute. However, we have the mental capacity to think at 300-400 words per minute.

## If I'm awake I'm thinking.

That means there is a script running in my head that is cranking out the equivalent of over a page a minute. If I was writing a paper at the rate of 300 wpm, I would be writing about 18,000 words per hour. If the average page has about 500 words, single spaced, how many pages would be produced in a 16-hr day? About 575 pages a day! Not bad for a day's work.

## Poison thoughts

How many of those words and thoughts would you classify as true, positive and uplifting? What percentage would you classify as false, negative and put you or other people down? Try it sometime. I had an idea yesterday to think of one word metaphors that would help me describe the new territory we've been traveling in over the last 18 months. I recorded 365 words (with the help of my wife), and roughly half of the words had a negative connotation to them. How do you think that will affect my emotions? My actions? Scary isn't it?

*Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.* Philippians 4:8

## Thought patrol

Contrary to popular thinking we don't have to be the victims of our thoughts. We can control our thoughts. When the Apostle Paul admonished the people in the Church at Philippi to "think about" certain things, he knew how important that was for their spiritual health. We can choose what to think about and how to think about it. We either entertain a thought as something truthful, (i.e., honest, just, pure, lovely, good report, virtuous or praise-worthy), or we decide it is untrue and cast it out.

## Think straight

If our thoughts are largely negative, what kind of actions or creations do you think will flow out of those thoughts? If our thoughts are positive, what kind of actions will flow out of those thoughts? If words create the world we live in, what will positive words create? What kind of world are you creating by your thoughts?

**Action steps:** I need a battle plan for thinking.

- I will become more aware of the script that is playing in my head all the time.
- I will do what Paul advises in 2 Cor. 10:5 and "demolish arguments and **every** pretension that sets itself up against the knowledge of God, and **take captive every thought** to make it obedient to Christ."
- I will fill my mind with the things Paul commands in Philippians 4:8
- I will heed the admonition of Prov. 3:5 and consciously avoid "leaning on my own understanding" of things as I intentionally "trust in the Lord with all my heart."

How about you? What are you thinking?