

## WHAT FILLS YOUR MENTAL UNIVERSE?



Forrest Gump's mental universe seems pleasant to me. No worries, no cares, no hatred. Just a delight in the moment and a determined protection of Jenny and his friends. How nice.

Some days I wish my mind was like Forrest's. By my mind has to choose its universe.

One of the noticeable characteristics of Jesus of Nazareth was his profound peace. He carried it with him wherever he went. I remember Dr. Dallas Willard would ask what one word could best describe Jesus. He would then suggest the word "relaxed." I like that.

There is no law that says we have to stay buried in our cell phones. Or in the news on the internet. Or STAY pre-occupied with our tasks. Jesus warned in his parable of the sower, that a mind's good intentions to trust God are eclipsed by "the worries of this life, the deceitfulness of wealth, and the lust for other things." If we include frantic busyness as well – no wonder the most natural thing in the world for many folks is to turn to some form of mental anesthetic.

How can we live more and more in the mental universe of Jesus Christ?

Overcoming negative habits is always more productive by focusing on the CONTRARY positive habits. So rather than spend more time going over what NOT to be doing with our minds (most of which is pretty obvious) I want to propose that Jesus gave us both instruction and example for building a proper mental universe.

Two sayings of his in particular stick out to me. First, his quote "You shall worship the Lord your God and him ONLY shall you serve" and second, from the Sermon on the Mount, "Be not anxious for your life ... but seek FIRST the kingdom of God and its righteousness."

You have undoubtedly tried hard at times to "seek first the kingdom." For intermittent periods you succeed, but worry, money, and lust overcomes your intentions. Something else is needed. Jesus showed us this by his example. Taking lengthy periods of time for solitude, prayer, and scripture memory.

If there is another way to “take on the mind of Christ”, I do not know what it might be. If you know other ways to enter into Jesus’ profound peace, please let me know. My own experience has shown me that the practice of solitude, prayer, and scripture memory, more than anything else, will serve “to get my mind right.”