Shepherd Care®

To Care for People Where They Live and Work

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COMMUNITY *Care* TOPIC

You've Got Thoughts!

Imagine turning on your computer and checking your email. All of a sudden, your anti-virus software sounds an alert. You have a virus! How did the virus get there? What damage will this virus do? How can I remove this virus from my hard-drive?

Incoming Emails

Our thoughts are like emails. Our minds have an In Box to receive these thoughts. Unfortunately, not all of our thoughts are positive or useful.

Sometimes we have to deal with Spam and Junk mail. If the computer receives a "bad" email, is the computer operator bad because they received the email? Not necessarily! Spam and Junk emails can arrive without any invitation.

Protection

How can we protect ourselves from unhealthy and destructive thoughts that bring the threat of dangerous viruses?

- A Shield- block unwanted thoughts (be proactive). Unhealthy thoughts can come at us just like arrows. *Ephesians 6:16*.
- Consider the Source- If the origin of the thought is not from a safe list, cast it off and reject it.
- Use the Trash Bin- toss, cleanse, and empty the negative on a frequent basis.

If Infected

- Clean and refresh the mind.
- Correct- align the ways of thinking and restore the damage. This helps intervene to reverse destructive negative spirals that trap us.

A Helpful Test

Run your thought-life through this test. If the train of thought can pass, then consider it wholesome and retain it. If not, trash it, and start a new thought pattern.

Is the thought **true**- correct, loyal, genuine, and in accordance to facts? Is it **noble**- having high moral qualities? Is it **just**- right, fair, and proper? Is it **pure**- free from anything that taints? It is **lovely**- beautiful? Is it a **good report**- an account or statement that is healthy and beneficial? Is it **virtuous**- having a high moral value or high skill? Is it **worthy of praise**- worthy of approval and admiration? *If so, then think about those things!*

Introducing your Community Chaplain
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"A man is what he thinks about all day long."

Ralph Waldo Emerson

"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