

Devotional **Guard Your Mind**

Did you know that sin has more to do with the mind than with actions? Sin is conceived in our mind and then finds manifestation in our actions and deeds? *“For as he thinks in his heart, so is he.”* (Proverbs 23:7)

When Jesus walked this earth, He reveals the wrongs of the religious leaders of the day. The Pharisees who self-righteously thought that if they did not commit certain sins, they were okay even if they commit sins in their minds.

They somehow had simplified that they could do these things in their minds and it was not sinful. Jesus said, *“You have heard that it was said to those of old, ‘You shall not commit adultery.’ I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart”* (Matthew 5:27-28). They didn't like that a whole lot.

What was Jesus pointing out to these men and to us as well? He was emphasizing again and again the importance of our minds, our hearts and our attitudes. That's because sin is not merely a matter of actions and deeds. It is something within the heart and the mind that leads to the action.

Sin deceives you into thinking that because you have not committed the act, you're okay. In reality, if you keep thinking about it, it may be only a matter of time until that thought becomes an action. Even if it doesn't, that thought still is spiritually destructive. So, you need to go out of your way as a Christian to protect your mind and your thoughts.

Philippians 4:7 – *“Let the peace of God guard your hearts and minds in Christ Jesus.”*

Satan recognizes the value of first getting a foothold in the area of your thoughts and imaginations, because he knows this will prepare the way for that thought to eventually become an action. As it has been said, *“Sow a thought, reap an act. Sow an act, reap a habit. Sow a habit, reap a character. Sow a character, reap a destiny.”* It all starts with a thought. So guard your mind. Bring on board the peace of God.

Ps Steven Teo