

FOR: Lighthouse Network
LENGTH: :60
Title: Perception – So Many Thoughts

INTRODUCTION:

Welcome to Life Change! I'm Christian Psychiatrist Dr. Karl Benzio.

BODY:

Our mind is powerful, and thoughts flow quickly. But Paul encourages the Corinthians to "Take **every** thought captive to the obedience of Christ." Sounds impossible. Think of cable TV with its many channels. You can focus only on one at a time. When you're in a situation, your mind has many thoughts, but you can focus only on one at a time. Just like a remote control allows strategic flipping between channels, our SPEARS decision-making strategy acts like a remote control, allowing us strategically to switch from thought to thought, thus allowing us to 'take every thought captive to the obedience of Christ.'

CLOSE:

If you or a loved one is struggling, go to 844lifechange.org or call 844-Life-Change. And remember, Godly decisions determine your life, so choose well! (end on "up" note)
