

Day 5

We take every thought prisoner and make it obey the Messiah.—2 Corinthians 10:5

Brainy Tip: Thoughts are real and occupy mental real estate.

It is nice to think of victory, but how do we *believe* in victory? How do we believe that things can change? It starts in our minds. It is easy to think that thoughts are not really things and don't really impact our health and the quality of our lives. I mean, what is a thought? Isn't it just a bit of hot air? The most important thing is what we do with that thought, right?

Thoughts are real things—when we think on something, we build it into the structure of our brain. A thought is a physical entity, changing the environment of our brain and body. When we choose to allow a thought to grow inside our brains, feeding it with attention and time, it will affect the cells in our brain and body, impacting our future thoughts, words, and actions. It is therefore incredibly important to monitor what we allow in our heads, taking “every thought prisoner” and making sure the things we think about are good and wholesome, not toxic and harmful. We are what we think, so think wisely!