



Thursday Thought

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“Shutting your brain down!”

Thursday, June 7, 2018

Verse for the week: Psalm 46:10 (NLT) “Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.”

I remember a few years ago I asked my son, "What are you thinking about?" and his response was "Nothing!" I still don't understand it because my brain seems to always be going. I wish I could shut it off and just think about nothing. Of course, now I'm thinking, "How do you think about nothing, isn't that impossible?" It is possible!!! My cousin Cyndi says, *“Quieting the mind takes lots of practice.”* It must, and I'm going to have to do a LOT of practicing.

Did you know that not thinking is actually healthy for you? Dr. Herbert Benson of the Harvard Medical School shares that it is good for your immune and digestive systems as well as blood pressure and overall good health! It's good for people who don't believe in God and even better for those who do. Yes that's right. Dr. Benson reported a study that found, “faith accounted for more profound changes in the body versus patients without faith and has immense restorative power, more than secular meditations. Christian meditation has the unique property of uniting oneself with Jesus Christ, in whom we have faith unto salvation.” My friend Ron believes it's important, but says that quieting one's self is a challenge to do. He has found that it's possible if he stays close to God. That's great advice because our hope is in God.

So are there any steps that can help us quiet ourselves? Yes! Here are a few steps that I find helpful.

1. Schedule uninterrupted time for this purpose.
2. Go to the bathroom beforehand.
3. Turn off your phone, television, computer, radio, pets, etc.
4. Ask God to help you quiet yourself in HIS presence **Psalm 62:5 (NLT)** says, **“Let all that I am wait quietly before God, for my hope is in him.”**
5. Pick a verse or two in Psalms and read it again and again just focusing on it at the beginning and then strive to discipline yourself to listen to God.
6. Have a piece of paper to write down any thoughts that may come bombarding your brain of things you need to do. Write it down then move along. This will help you to stay focused.
7. Breathing exercises.
8. Keep practicing it on a consistent basis!!!! Once a month for 3-5 minutes won't develop a habit.

As we get into a habit of quieting ourselves before God, meditating on what He says, we will begin to notice a difference in our attitude and actions.

Question to ask yourself: When is the last time you were still? What's keeping you from it?