

What You Feed the Mind

You are what you think you about.

That saying has been kicked around for a long time. There is a great deal of truth in that statement, and it leaves us with the question: What influences our thinking?

I believe that what goes into our minds and the people we associate with influence our thinking. Our thinking influences our actions. Our actions influence our performance. Our performance plays a major role in how successful and happy our future will be.

Have you ever gone to a movie and laughed? Have you ever gone to a movie and cried? Most of us have – on both counts.

Do you really think they put something in the seats that caused you to either laugh or cry? Naturally, you know better. It was what you saw on the screen that made you react with laughter or tears.

So if input can make us laugh or cry, can it also make us helpful or hurtful to others?

Speaking on this subject, the late Zig Ziglar, author and motivational speaker, said two examples say yes to that question:

1. “In one episode of *Happy Days*, Henry Winkler as *The Fonz* took out a library card. The American Library Association reported that after that show aired, more than 100,000 teenagers across America took out library cards.”
2. “On an Oprah show, The Gap apparel chain had a fashion show featuring their new line of jeans. This was not a paid commercial; it was simply a showing of new fashions. Within 72 hours, The Gap sold out of those jeans nationwide.”

And Ziglar concluded: “If 30 seconds sells soap and 30 seconds sells a car, then 25 minutes of glamorized violence sells violence.”

I believe Ziglar was exactly on point.

The message then: Be careful about what you feed your mind because it’s going to affect your actions – which will affect your performance and your future.

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect (Romans 12:2 ESV).

– Beecher Hunter