

Who Switched Off My Brain

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“Who Switched Off My Brain” video talked about how powerful our thoughts are. I found it interesting that in ten minutes we can change our mind about a negative circumstance and turn it into a positive situation. To me, that shows that it doesn’t take God long to work through us if we acknowledge him. Our thoughts can be healthy or unhealthy but it’s up to us to choose whether we will hold on to the toxic thoughts or replace them with the word of God. Proverbs 23:7 says “as a man thinketh in his heart, so is he.” It is about perspective. Positive thoughts produce positive reactions just as negative thoughts produce negative actions. We have to remember how God sees us so we can see ourselves as he does. God’s word will renew our minds. “I think, I choose, I change (Dr. Caroline Leaf, *Who Shut Off My Brain* video).”