

QUIET TIME GUIDE
FOR Wednesday 8/6/08
FROM JACK MILLWOOD

Greeting:

Some of us think that sending a fax is keeping up with technology. Our minds are boggled at the fact that our kids can e mail and text message on the fly. Technology changes daily. Some of us remember having to talk to an operator to make a phone call (*Reference Andy Griffin telling "Sarah" the operator to get Barney on the phone please.*) Now you can instantaneously send a text message with no one else involved. There is video conferencing so that you can see the people you talk to. Multiple people in multiple locations can get on their computer and all look at the same page while someone thousands a miles away controls their computer screens so that everyone sees the presentation that the presenter is making. It is a new world of technology. Yesterday however, I read about the latest in technology that really made me stop and think. Video games, of course, have long been a craze among young and old alike. If you have kids you know that they play with Nintendo, Game boys, Playstation, and the list goes on. They are electronic games where you use a "joy stick" or computer keys to move figures around and chase down enemies or objects all on a computer screen, phone screen or television screen , etc. But have you heard about the latest technology in video games? Get this! It is called "the EPOC headset." It costs \$299.00. You put this sleek white or black helmet on that has 16 brain wave sensors inside it. The software in the headset has you go through a few mental exercises so it can measure your brain waves when you think certain thoughts or images. It records those brain waves. For example it shows how your brain works when you relax, or get tense, or wink, or grimace. You are told to imagine 11 cognitive actions like "lift," "push," "pull," etc. Once those brain waves for each action are recorded in the software you are ready to play the games. The technology allows you to put on the headset and play a game AND MOVE THE OBJECTS ON A SCREEN MENTALLY! That is right. You read it correctly. You can see an object on the game screen and think "lift." It reads your brain waves and lifts it. You can see an object on the screen and think "vanish" and it suddenly disappears. They say it is a little hard to learn because you have to learn to focus and concentrate hard. However, the bottom line is the technology now exists where you can think an action and the head set picks up your brainwaves and carries out the action you have thought. First, let me say I have not tested this out and as old as I am getting I don't think I even want to experiment with it. The truth is I am afraid when it is hooked up to my brain there may not be enough brain activity to record anything. Seriously I only read enough about this to make me think. It is amazing for one thing how quickly technology changes. But it did make me stop again and realize the power of our thoughts. Today it is technologically possible to you to do more than "Mr. Spock" did on "Star Treck." You can think an action and cause it to take place. I will admit I don't know about all that technology and how it works on games and machines but I do know that the Bible says there is tremendous power in our thoughts. The Bible does say that our thoughts determine our actions. The Bible does say that *"As a man thinks in his heart, so he is."* I am not talking about the power of positive thinking. I am talking about FAITH and belief and the power that is available to us in the Lord. Unfortunately, for many of us, we have never been able to tap into that power

because of our poor way of thinking. Like the new technology, it takes some focus and concentration to train our thoughts so that they work for us. We need to change the way we think and how we approach life if we are going to be successful. The Psalmist had learned some TRUTH that changed his life. He had learned how to think about those truths and how they can change his life. It is not thoughts that changed him but truth. However, if we do not learn to think and apply those truths then they sit dormant and have no power in our lives. Notice in verse seven below that the Psalmist said, "***The LORD is with me; he is my helper.***" Psalm 118 lets you know how to think today.

Scripture for today:

Psalm 118: 1 "Give thanks to the LORD, for he is good; his love endures forever. 2 Let Israel say: "His love endures forever." 3 Let the house of Aaron say: "His love endures forever." 4 Let those who fear the LORD say: "His love endures forever." 5 In my anguish I cried to the LORD, and he answered by setting me free. 6 The LORD is with me; I will not be afraid. What can man do to me? 7 The LORD is with me; he is my helper. I will look in triumph on my enemies. 8 It is better to take refuge in the LORD than to trust in man. 9 It is better to take refuge in the LORD than to trust in princes. 10 All the nations surrounded me, but in the name of the LORD I cut them off. 11 They surrounded me on every side, but in the name of the LORD I cut them off. 12 They swarmed around me like bees, but they died out as quickly as burning thorns; in the name of the LORD I cut them off. 13 I was pushed back and about to fall, but the LORD helped me. 14 The LORD is my strength and my song; he has become my salvation. 15 Shouts of joy and victory resound in the tents of the righteous: "The LORD's right hand has done mighty things! 16 The LORD's right hand is lifted high; the LORD's right hand has done mighty things!" 17 I will not die but live, and will proclaim what the LORD has done. 18 The LORD has chastened me severely, but he has not given me over to death. 19 Open for me the gates of righteousness; I will enter and give thanks to the LORD. 20 This is the gate of the LORD through which the righteous may enter. 21 I will give you thanks, for you answered me; you have become my salvation. 22 The stone the builders rejected has become the capstone; 23 the LORD has done this, and it is marvelous in our eyes. 24 This is the day the LORD has made; let us rejoice and be glad in it. 25 O LORD, save us; O LORD, grant us success. 26 Blessed is he who comes in the name of the LORD. From the house of the LORD we bless you. 27 The LORD is God, and he has made his light shine upon us. With boughs in hand, join in the festal procession up to the horns of the altar. 28 You are my God, and I will give you thanks; you are my God, and I will exalt you. 29 Give thanks to the LORD, for he is good; his love endures forever."

Life Application:

We are to think thoughts of thankfulness, faithfulness and faith. As we think or believe that God's "***love endures forever***" there is power to change. Do you not believe that as we concentrate on God's ability to change our lives that it will make a difference? It will reduce the power of ***fear*** on our lives. Fear and faith can not coexist in the same heart. The Psalmist said, "***The LORD is with me; I will not be afraid. What can man do to me? The LORD is with me; he is my helper.***" So many of us only think about what WE

can or can not do. We are always looking for man made solutions. What do you think is your source of strength? The Psalmist had learned that ***“It is better to take refuge in the LORD than to trust in man. It is better to take refuge in the LORD than to trust in princes.”*** What you see as your solution in life is what you will worship. It is here we need to change how we think. When you are surrounded by troubles as he was (***“All the nations surrounded me... They surrounded me on every side...They swarmed around me like bees.”***) what do you start thinking? Here is what he thought. ***“The LORD's right hand has done mighty things! 16 The LORD's right hand is lifted high; the LORD's right hand has done mighty things!” 17 I will not die but live, and will proclaim what the LORD has done.***” A man who can face his troubles with that kind of thinking will see things move. Long before technology was able to use our thoughts to make items on a computer screen move Jesus said if we had faith, even as small as a mustard seed, we could tell a mountain to move and it would be moved. There is power in the way you think. There is power in faith. I am not talking about blind faith or positive thinking. I am talking about getting to know God, learning his truth, following his instructions and believing that what he says will work in our lives. Don't think that you have believed until you have acted on what he says.

Spiritual exercise:

Here are just a few examples of how you can see how strong your thinking is. We are even told that we can test him. God says we are to give to him out of our financial resources. He says if we do then he will respond by blessing us. Do you believe him enough to do it? Or are you still thinking that man, money or physical resources are what you need to get through in life? In relationships we are told to love and do good to people who treat us wrong. Do we believe that enough to do it? Are we willing to cast our bread upon the water to see if it will come back to us? Jesus said we should. Are you willing to change the way you think about people and how you are respond to what they do? You have the power to believe truth. Truth has the power to change your life. Jesus is truth. Try learning the principles of God's word and start believing them. Change the way you think. Here is a starter right from Psalm 118. The Psalmist said, ***“24 This is the day the LORD has made; let us rejoice and be glad in it.”*** Begin right there. I don't know how your day has begun but stop right now and say, “God today is a gift you have given me and I am grateful for it. I will be glad today. I will look for you to work in my life today. I will approach this day in faith and trust you today.” See if it will not make a difference in how your day goes.

Thought for the day.

I have the power to believe!