

# FIX YOUR THOUGHTS

***Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.***

—Philippians 4:8

Have you ever twirled around on a tire swing?

You twist the rope tightly, all the way up to the branch. You hold your breath and let go, spinning like a top. You watch the tree trunk, your picnic table, and your patio whip around you until, at last, you slow to a halt.

Finally, you hop off the swing—and promptly fall flat on your face from dizziness. (Hopefully nobody was there to see it!)

Dancers have to train themselves to combat dizziness, especially when performing *piqué* turns and *pirouettes*. One technique they use is called “spotting.” If dancers were to concentrate on everything whirling around them while they spun, their brains would become overloaded and confused with mixed messages. Instead, they stay balanced by keeping their eyes oriented on one spot.

We could learn a lot from those dancers.

In life, it’s easy for us to get distracted from the truth. There are arguments, lies, criticism, and hatred all around us. If we aren’t careful, those negative thoughts can get stuck in our heads! It’s important to be careful what we “spot” our minds on. What is in our minds affects our hearts and souls. And what’s in our souls affects our entire lives.

Fix your thoughts on what is true, pure, and good. Fix your thoughts on Jesus.



THINK ABOUT THINGS  
THAT are EXCELLENT  
and WORTHY OF PRAISE.

PHILIPPIANS 4:8