

How do you feed your head?

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Music



I know, I know, you hate to hear anything about how music may effect your thinking, but all I ask is for you to consider the following. Please don't think I'm putting any music but Christian music down because I personally like all kinds of music, from Rock to Rap to Country. What I am talking about is music that carries lies, feelings, and ideas that go against Gods word.

For a lot of people, "their music" is much more than tunes—it is part of who they are and how they cope. A study was done asking teenagers what they do when they are going through hard times—they ranked 53 different options for "coping" with pressures and problems. Talking to Mom and Dad ranked near the bottom of their choices. Talking with friends ranked near the top. But the number one way teenagers said they were handling their hassles was "my music."

Your music is there for you in your up times, your down times, your romantic times, your lonely times, your spiritual times, your rowdy times and your quit times. You can't always find a friend to talk to, but you can almost always have your music to listen to. On your radio, your walkman, your tapes or CDs, or on MTV. Your music is all over your life, which makes it very important, based on how many hours it is filling your mind each week. Music has a way of effecting our emotions. Often your mental guards are down allowing for the possibility of garbage dancing right into your control room, your mind and heart. I'm not saying don't listen to music—I just want you to be able to recognize when it may be effecting you negatively.

"Be wise about what is good, and innocent about what is evil"

(Romans 16:17-19)

? Questions to ask yourself?

#1 Does the music feed my dark side, or does it bring out the best in me?

Could it be that some of the music you have been listening to is feeding your dark side? The anger or depression, the rebellion, the loneliness, the "I don't care" attitude, the withdrawing into yourself? If it is, it is slowly poisoning you. Here is a simple formula from God to follow.

"Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy, think about such things. (Philippians 4:8) (The Bible tells us what these things are in Galatians 5:19-24)

#2 Does the music present or promote what God is against?

Music that describes or glorifies sex outside of marriage, disrespect toward God or Jesus, the dark side of the supernatural, doing whatever you feel like doing—that kind of music is soul-poison, designed to pull you into the danger zone.

Choose carefully what you feed into your head. - Remove any infectious material you have.

Unless you realize that your mind and heart are the battleground on which the outcome of your life will be decided, you will never fight to protect it.

Do not conform to the pattern of this world, but be transformed by the renewing of your mind! (Romans 12:2)

If there are things you watch or listen to that are feeding your dark side, do what your are supposed to do with garbage—get rid of it. Don't hang on to it until it smells and you have rats in your house! There may be music, magazines, books, or videos that you need to destroy—even if they are some of your favorites. They have polluted your control room long enough—they have to go before they spread more infection. To put it in God's words,

"Let us throw off everything that hinders and the sin that so easily entangles"

(Hebrews 12:1)

Images and scars in our minds for years!

Often things we see leave ment

