

Fix Your Mind

By Rev. Steve Breazier



So, what's on your mind? Does your mind need to be fixed? Mine sure does! Ok, I'm going to tell you how and where to get your mind fixed. And fixing your mind will fix everything else!

There has been a lot of talk recently about a kind of "angst" amongst the people of our nation, and around the world. People are upset and frustrated and angry. People are anxious and afraid. People feel like life is out of control, or like their lives are being controlled by powers that do not work for their best interests. Frustration produces anger, and anger produces hostile thoughts, and eventually hostile thoughts are acted upon and violence breaks out. It seems like something is "broken" and needs to be fixed.

There's lots of talk about how to "fix" the problem. Some folks want to march on Washington and some folks want to move to Canada. Soon Canada will be talking about building a wall on its southern border to keep the illegal American Aliens out. We in the church have learned that walls don't fix anything. We tried for years and years to build walls around the church to keep certain people out, but those dang sinners ended up getting in any way! We need a better "fix."

Have you ever noticed how people tend to "think, talk, act and feel" all together? It seems like a "mind-set" or an "attitude" can sweep the nation. Maybe "collective consciousness" has something to do with it, or maybe it is a "cultural phenomenon," or maybe we just go through "seasons" together. Whatever it is, it always seems that there is something "contagious" about the way we think, talk, act, and feel together. All you have to do is talk about how "upset" someone is, and eventually you can co-opt a whole group of people into being "upset" together! It seems especially easy to get folks "fixated" on something that invites anxiety or irritability, and after that, the problem seems to grow and grow. We need a better way to get things fixed.

I love Advent and Christmas! Something is in the air, and it's contagious. It's not the flu bug. It's the excitement of a coming Savior, the possibility that someone really can get things fixed. It is the hope that we can give up our anxiety and fear and find real, lasting peace, both within ourselves and between our neighbors. A lot of people begin to believe that there really might be something good in this world that is bigger than all of the worries and frustrations that demand our attention. For a little while, our anxiety and fears seem to fade. For a little while, we all fix our attention on the Love of God and the Joy of Angels and the Hope of Peace on earth.

Paul tells us how to "fix our minds" in Philippians 4:8. It reads: "Fix your minds on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about." It's the Perfect Fix!

The way to fix a broken mind is to fix it upon Jesus Christ. I think that is what's happening during this holiday season. God's love for us and the beauty and goodness of Jesus Christ becomes our focus. Overflowing generosity lifts our hearts and raises our sights, and we begin to become whole and healed people. It is truly contagious, and soon all the world is singing songs of hope and faith and embracing the possibility that God's love for all is trustworthy. Fix your mind on Christ, and have a lovely, faith-filled holiday! God's blessings to all.