

Minding your Thoughts

William T. Howe, PhD



Sample

Copyright © 2026 William T. Howe, Ph.D.

All rights reserved.

The Amazon Endure typeface was designed by 2K/DENMARK in 2025.

Template id: ST-414D415A-25-A01

Printed in The United States.

ISBN: xxx-xxx-xxxx-xx-x

FORWARD

Note: I am not a credentialed counselor, nor do I have any training in Psychology. These devotions are not meant to diagnose or treat any mental condition. I am, however, a Bible teacher, preacher and pastor, ordained to the Gospel ministry. These devotions are offered from the perspective of a Biblical standpoint and that alone. They are simply an overview of all the mentions in God's Word of the words mind, think, thought, and imagine and all their derivatives. I pray they help each person who reads them in the worthwhile daily practice of "Minding Your Thoughts."

Genesis 23:8 **And he communed with them, saying, If it be your mind that I should bury my dead out of my sight; hear me, and intreat for me to Ephron the son of Zohar,**

How's your thought life? It has been said by many preachers over the years that the number one battle Christians fight is the war in their mind. Many of our problems are imagined, not real. Controlling one's mind is vital in living a life that pleases our Father in Heaven. Throughout God's Holy Bible the words think, mind, thought, and all their derivatives, are used many times. Each day these devotions will highlight one of God's usages of these words to help us obtain and maintain a Biblical thought life. As a strong disclaimer, I am a Bible based preacher. As such I have no certifications in the area of psychology, nor am I a credentialed counselor of any sort. I am however a student of the Bible, and from that point of view and that alone these Daily Devotions at Dawn on the topic of Minding Your Thoughts are offered. They are simply highlights of God's revealed Word on the mind, thinking, and thoughts.

The first time the word "mind" is used in Scripture is in the above verse. Abraham's wife Sarah has died. Being a sojourner in the land Abraham had nowhere to bury her. A negotiation began concerning a plot of land that Abraham desired to purchase from a man named Ephron. During this negotiation Abraham stated something that is often overlooked today.

As he was speaking with the sons of Heth, citizens of Kirjatharba, he said: **...If it be your mind that I should...** This statement confirmed something he knew. Something that it would be good to always remember. That is, before action is taken, any decision made, or the choice is made to believe anything, one should first know their own mind on the matter. This instills confidence, it causes us to be proactive not reactive, and it allows for all questions to be considered before a decision must be made.

It takes time to know your own mind, it takes introspection, it takes energy to think, sometimes it takes humility to ask others for counsel, and it takes practice. But knowing your own mind is something of real value. It will help you outmaneuver your competitors, energize your activities, solidify your forward moving momentum in life, and will keep you away from your own emotionally based weaknesses.

Abraham said, "if it be your mind." Consider a marriage proposal. Basically, this is what a person is asking while down on bended knee, "If it be your mind, will you marry me?" although not using those exact words. No doubt the other has already considered this question and probably has a ready answer for it. However, many might be surprised by such a proposal and being caught up in the moment say "yes"

Minding your Thoughts

only later, through sorting out their mind on the matter, that “yes” may turn into a “no.”

It is always better to know your mind before making any decision, especially the “big” decisions of life, so called. Sometimes, however, as we will learn, it is the little decisions that cause big problems later in life. But for today, the thought is to know your mind on the matter, any matter, every matter. Accordingly, just as Abraham did, encourage those around you to do likewise.

May the Lord bless and be pleased with your thought life today.

Sample

January 2

Genesis 26:35 **Which were a grief of mind unto Isaac and to Rebekah.**

Within the wonderful and productive aspects of one's mind there are also pitfalls. Thoughts solicit emotions, emotions influence feelings, and feelings prompt actions. One such pitfall is grief. One of Isaac and Rebekah's sons, Esau, made a major life decision that brought **grief of mind** to his parents. King Solomon knew something of grief for he wrote: **For in much wisdom *is* much grief...** (Ecclesiastes 1:18). Grief of mind is brought about by various things. Sometimes others bring us grief, sometimes we bring grief on ourselves, and sometimes our warped imagination brings us grief. Grief of mind cannot be eliminated totally, for example, the grief of mind caused by the loss of a loved one cannot be escaped. However, much that causes grief can be averted.

Consider these actions when you encounter grief of mind.

One: Determine if the cause of the grief is real. Is the source of your grief of mind real or imagined? It could be argued that Isaac and Rebekah only imagined the harm to their family because of Esau's marriage, that their restrictions on who to marry were unrealistic. Other than Jewish bloodline issues (which in those days were vitally important) there is no evidence in Scripture that this marriage caused any real harm to Esau's parents. In fact, Esau would go on to have three wives, one of the proper bloodline.

Two: Pray about the issue causing the grief. 1 Peter 5:7 advises: **Casting all your care upon him; for he careth for you.** Whatever the issue, God, through Christ and the Holy Spirit, can help you through. Remember, Jesus was touched with our infirmities (Hebrews 4:15); He understands.

Three: Determine to keep your grief in perspective to the scope of the issue. Don't overreact.

Four: Give thanks to God for everything (1 Thessalonians. 5:18).

Five: Know that sometimes you will have to simply endure grief, even when you have done nothing to warrant that grief (1 Peter 2:19).

Consider this practical point to ponder: while the word "grief" is used twenty-six times in our Bible, this is the only usage of the word in direct connection with the mind, for grief is not only in the mind, but also in the flesh and emotions. Therefore, without diminishing the suffering of grief, it can be said that of all God wants us to know about Minding Your Thoughts, He only mentions grief once. Be careful then to not major on a minor. In all that goes on in the mind, grief should be a small overall percentage. Yes, from time to time, we may be overcome with grief, but safeguard your mind against it. Remember and use the five steps above, or some other means, so that grief does not become an overriding obsession.

May the Lord bless and be pleased with your thought life today.

January 3

Leviticus 24:12 And they put him in ward, that the mind of the LORD might be shewed them.

Knowing the mind of God is one of the great challenges of mankind. Sometimes in life the only way to safely navigate troubled waters is to find out what God thinks about the matter and trust in Him. Moses was in such a time in his life. The people came to Moses enquiring what to do about a man who was found to be blaspheming and cursing God. Moses knew that this was a serious breach of the Law of God, but did not know immediately what he should counsel the people of the community to do. Therefore, they secured the man so that he could not escape and set out to learn the mind of God on the matter. Sometime thereafter, God spoke to Moses and gave him direction, he relayed the mind of God to the people, and they obeyed. Knowing the mind of God on any matter is not easy, but it can be obtained.

In this story there was no great prayer meeting, no time of fasting, no mention of searching the law of God, they simply waited. God used this time to give principles for the people to follow in case this ever took place again. Certainly, knowing the mind of God today would include prayer, fasting, searching the Bible, and asking for counsel of people who know God, these are vital. But do not underestimate the time of waiting for God to answer.

Years ago, I woke up in the middle of the night with night sweats. Or at least that is what I thought at first. The problem for these night sweats was that they were only from my knees down. Knowing that night sweats could be an indicator of serious health issues I began to wonder, "What kind of cancer could I have to cause night sweats from my knees to my feet?" Then I remembered I was sleeping on a waterbed. I snatched off those covers and sheets, got a magnifying glass and found little pin holes. I woke up the entire household, those two heathen children that lived in my house must have stabbed holes in my bed as a prank. I brought them into my room and, well, it was awful. But they did not confess. So, I warned them to within an inch of their life, forbade them from ever coming into our room again, and told them to go back to sleep, as if that were possible. I put some liquid cement on those pin holes and went back to sleep.

The next night the same thing happened! But this time I grounded my children until they were 21 years old. I cemented the holes and tried to go back to sleep. I was mad. A few days passed without incident. Then, on a bright and sunny day, when the birds were chirping, the mood was light, and all was right in the world, my wife, the woman that God gave me, came to me in that sweet, sheepish, and sugary way she has and told me she just realized it was her! She was the one stabbing those awful holes in our bed! You see, she demurely stated, we have a new baby, and we are using real cloth diapers. To be safe, as she was taught by some other diabolical woman, when she took the diaper pins off the old diaper, she poked the diapers pins

Minding your Thoughts

needle first into the bed. That way, if the baby rolled over she would not be stuck by a diaper pin. I'm still apologizing to my two older children.

If only I knew then to wait on God. He would have solved the issue without me looking like a raving maniac to my family.

Try not to put time limits on God. Remember the old saying, "God is never early, neither is God ever late." You may have a timetable; God does not. Knowing the mind of God takes time and patience. It may be in the middle of the night when His mind will become clear to you on a matter, or while driving to work, or at a church service, or during your morning devotion. After all, consider this: God wants you to know His mind on matters important to you probably more than you do. He will do what is needed to let you know His thinking, it may just take time and a true willingness to yield to His thinking, but that is a lesson for another day.

May the Lord bless and be pleased with your thought life today.

Minding your Thoughts

January 4

Numbers 16:28 **And Moses said, Hereby ye shall know that the LORD hath sent me to do all these works; for I have not *done them* of mine own mind.**

You may have heard the story of Korah and those that followed him. Some of the men of renown among the Hebrews murmured against Moses and Aaron. They claimed ...**Ye *take too much upon you, seeing all the congregation are holy, every one of them, and the LORD is among them: wherefore then lift ye up yourselves above the congregation of the LORD?*** (Numbers 16:3) This is an absolute fabrication of man's thinking.

God called Moses to lead His people and He made Aaron Moses' assistant. They did not take those responsibilities upon themselves. Moses did not simply decide one day to lead the Jews out of Egypt, or call down the ten plagues, or part the Red Sea, or bring water out of a rock, or call down manna from heaven. No, God called, empowered, and led Moses to do those things. Now, some men have falsely claimed that Moses and Aaron simply lifted themselves up among God's people. Therefore, Moses, being led of God, called the people together and stated clearly that which he had done, and that which he was about to do was not of his own mind, but from God's mind.

The earth opened up and swallowed Korah and his crowd, of which later Moses would be blamed as if he possessed the power to perform such a thing. This was the hand of God, but men of human reasoning, men with overly exercised egos, men of limited spiritual vision failed to attribute to God His awesome works. In doing so, we have this story in God's Holy Word to teach us a great lesson about how God works.

He works in and through the mind. For example, today men and women read the Bible; they get a thought from God's Word. Let's use Luke 6:27 as an illustration: **But I say unto you which hear, Love your enemies, do good to them which hate you.** So, you go to work and there you meet your adversary, one who even hates you. In keeping with God's Word you show love to that person, you do good to them, you bless them and seek to be at peace with them. In this obedience to God's Word you are not performing that which is simply in your mind. You are performing that which God has put in your mind; you are performing His mind on the matter.

What a truly wonderful thing it is to allow God to influence your mind to the point of modifying your behavior. Those around you might not understand, but you will know that you are fulfilling God's will through allowing Him to affect your mind. Moses did this in His day, and you can today! God will not ask you to do that which Moses did, but He may put something on your mind to do that He did not lead Moses to do. What a thought, that God Almighty can influence your mind just as He did Moses!

May the Lord bless and be pleased with your thought life today.

January 5

Numbers 24:13 **If Balak would give me his house full of silver and gold, I cannot go beyond the commandment of the LORD, to do *either* good or bad of mine own mind; *but* what the LORD saith, that will I speak?**

Nowhere in Scripture is there a better illustration of the struggle between the mind and the heart than the story of Balaam. Balaam was a prophet, a seer if you will, it was he that spoke the quote in the above verse. Balak was the King of Moab who grew to be very fearful of the Israelites. Balak attempted to pay Balaam to put a curse on God's people. Balaam had a tremendous fight of emotion and will concerning the offer from Balak.

On one hand, he continually held to the fact that he could only speak the mind of God. On the other hand, he had a heart's desire for the prominence, reward, pomp and circumstance connected with the offer Balak extended. On the surface the above quote seems right, sounds noble, and even smacks of righteous indignation. Yet Balaam's actions did not quite agree with his strong words. In the New Testament Balaam is mentioned three times: Peter speaks of him loving the wages of unrighteousness (II Peter 2:15), Jude speaks of the error of Balaam which was greed and reward (Jude 1:11), and John spoke of the false doctrine of Balaam (Revelation 2:14). These are not glowing accolades of a faithful man of God, but rather a stern reproach. Balaam had the mind; he knew to only obey God, but he did not have the heart.

Isaiah warned about this in Isaiah 29:13. Jesus even quoted Isaiah in Matthew 15:8, **This people draweth nigh unto me with their mouth, and honoureth me with *their* lips; but their heart is far from me.** It is one thing to know the mind of God in your mind, it is another thing altogether to perform the mind of God from the heart. Both men in pulpits and people in pews are guilty of the error of Balaam. God may use them, yet, but how much more blessed, rewarding, and honorable to know the mind of Almighty God and to obey with the heart. The struggle between that which the mind knows of God and His ways, and fleshly desires of the heart is real. You are not alone.

Knowing the mind of God is only possible by knowing the Word of God. A preacher may open the Bible when beginning his sermon and say, "When we open the Word of God we open the mind of God." That is a true statement. Everything God wants us to know of His mind is found in His Word. Knowing the mind of God is like a curb that keeps the will of God in our lives ever present while performing His will. Consider the bowling alley and the "curbs" they can let down on the lanes to keep the novice from always throwing "gutter balls." Those curbs keep the ball in the lane. Likewise, God's Word, His mind on the matter, keeps us from ending up in the gutter. Knowing of His ways are like those curbs. Knowing His ways, and keeping within the boundaries of His ways, will keep anyone out of the gutter.

Minding your Thoughts

In God's will for your life, He has given curbs (if you will). His mind is a curb to keep us in the overall will of God while performing the personal will of God in life. For example, God's purpose for your life may be to be a businessperson. That is well and good and even vital to the work of Christ. But in that business, make sure to know God's mind about the Godly principles of business. Use those principles as curbs to keep you in His will and way.

Balaam is a perfect example of the knowledge of the mind being in opposition with the lusts of the flesh. Balaam evidently chose poorly. May we pray to do better.

May the Lord bless and be pleased with your thought life today.

Sample