

“BRAIN FOOD” EXERCISE
WHAT ARE YOU FEEDING YOUR MIND?

Fill out the table below to get an overall picture of what you’re putting into your mind. I’ve filled in a few “source” blanks to get you started. Be as honest and as comprehensive as possible. Be as honest and as comprehensive as possible.

Source of brain “food”	Amount of time spent per week	Percent that meets Philippians 4:8 standards	How this source shapes your thinking
<i>Television/Movies</i>			
<i>Music</i>			
<i>Social media /internet</i>			
<i>Bible reading</i>			
<i>Books</i>			

Did anything surprise you as you filled out the table? Maybe the amount of time you spend each week feeding your mind with things that don’t reflect God’s truth shocked you. Maybe you thought you spend more time filling your mind with the truth of God’s Word than you actually do.

What things on your list do you feel have the most negative impact on your thinking?

Ask God if He wants you to reduce or eliminate any of these.

Let’s purposefully work to breakdown a secular worldview and build a biblical one. List every way you can think of that we can feed our minds with the truth of God’s Word.