

Who Am I?

Identity is an integral part of our life. In many situations it is the most important issue. Often, this identity is determined by something unique that we inherited (e.g., DNA, fingerprint, etc.) or some unique label that has been given to us (e.g., social security number, passport number, etc.).

It is often stated that, “we are what we eat”. We are encouraged to eat well in order to look well and feel well, so that we can, not only experience a full life, but make the best impact wherever we find ourselves. Some make the same claim for “physical exercise” or some other program.

How about, “**we are what we think**”? In the Holy Bible, speaking of man it says:

“For as he thinks in his heart so is he” Proverbs 23: 7 (New King James Version – NKJV).

If we agree that we are what we think then we should be very careful about our thoughts. Maybe, as the Bible admonishes, we should think about:

“whatever is true, whatever is noble, whatever is right, ...pure, ... lovely ... admirable, ... excellent or praiseworthy”, Philippians 4: 8 (NIV).

Indeed we are encouraged here to have thoughts that we would not be ashamed of if they were suddenly exposed to a spouse, a child, a parent, a sibling, a colleague, a boss, etc. Of course our thoughts are always exposed to God.

Would you like to be in the company of someone who thinks mainly about what is true, noble, right, pure, lovely, admirable, excellent or praiseworthy? That should be an enriching experience. If our thoughts were mainly on those things, then interaction with us would be a lovely experience, and indeed our impact on our world would be pleasant and positive.

Furthermore, we

Reap what we sow, Galatians 6: 7.

We can sow of only what we have; what we have derives from what we are (an apple tree bears apples because it is an apple tree); and who we are is determined by what we think. Therefore it can be said that **we reap what we think**. Indeed our thoughts impact our lifestyle and our livelihood.

But how can we think on whatever is true, noble, right, pure, lovely, admirable, excellent or praiseworthy? We must admit that this way of thinking does not come to us

naturally. If we do try to think this way, it is only for very brief moments and not without a very great effort. We need help!

Many have found that the following Christian principles work.

Our minds need a transformation. We need a spiritual rebirth.

This rebirth begins by confessing our sins and accepting the forgiveness of Christ; and receiving His cleansing from all unrighteousness (1 John 1: 9). We are now new creatures:

“If anyone is in Christ, the new creation has come; the old has gone; the new is here”, 11 Corinthians 5: 17 (NIV).

With the power of the Holy Spirit we are now equipped to think like Christ (John 1: 12; 1 Corinthians 2: 16). That is, we now have the spiritual foundation necessary for thoughts on things true, noble, right, pure, lovely, admirable, excellent and praiseworthy.

What should we do next?

“As newborn babes, desire the sincere milk of the word, that you may grow,” 1 Peter 2: 2 (KJV).

That is, read the Bible regularly and studiously; and

“Pray without ceasing,” 1 Thessalonians 5: 17 (KJV).

Develop an enduring and enjoyable prayer-life.

Seek out the company of others who will help you along this noble journey, because

“Bad company corrupts good character”, 1 Corinthians 15: 33 (NIV).

Then, we will be well on our way in becoming a person that has a positive, uplifting impact on society; a person with whom God will be pleased.