



Trim Healthy Podcast with Serene & Pearl

Episode 342 – Think This...Not That

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Quotables

“You are the boss of your brain. Tell your brain it’s time to change!” –Serene

“As soon as I started to embrace the things that are uncomfortable, my life became so much more comfortable!” –Sam Allison

“It’s important to say that this isn’t ‘one and done.’ No... the renewal of a mind is a daily choice.” –Pearl

“Our brain isn’t allowed to tell our brain what to think or how to feel. It must come into submission to the mind of the Spirit! Our minds aren’t allowed to go rogue.” –Serene

“We are more than our bodies. We don’t let our bodies lead.” –Danny

“Pro tip on a healthy marriage: Take loving action when you’re not feeling it.” –Danny

Renewing Our Minds

Serene was recently redirecting one of her kids when they said they liked some bright, sugary (terrible) treat, and she said, *“No you don’t like it. And even if you do, tell your brain that you don’t.”* She was reinforcing the simple truth... Don’t just listen and obey the “flesh” brain – instead, renew (and redirect) your mind. Because the truth is that people naturally *embrace* what they enjoy, and naturally *resist* what they don’t like. For instance, some people say they don’t “like” to work out—but the problem is that they’re meditating on how they don’t “like” (all the negative things). They are putting their verbal and mental energy toward negativity!

Don’t submit to those old patterns! Instead, change your pathways!

Tell your brain to *like* good things, and to *dislike* bad things. Stop yourself from thinking about how you *hate* working out... and *choose* to love the good things instead! It’s not lying. It’s renewing your brain. Pearl used to say, “I hate exercise.” But now, she tells herself how exercise will be a blessing for her. She says, “You’re going to feel so *great* after this. I love to do this because of the good it will do for me.”

Negative thinking will never help you. While there are a lot of real emotions we experience like anger, jealousy, and fear—we must crucify them—we must slay them. We must tell ourselves, “*I don’t have the right to be angry! I’m going to embrace kindness instead!*”

As you embrace hard things, it will begin to change the contours of your mind. It will actually begin to shift your neural synapses. And you will start loving those hard things. And applying this effort is so fruitful and beneficial. Because the hard things in life matter, and they give something back to us.

The point is again, *don’t just trust your brain... Renew your brain!* It is 100% a Biblical concept.

Constraints and Consequences

Have you ever met a 3-year-old that is in charge, that is happy? No, they are dissatisfied and cranky and wild. But when the parents provide boundaries for that child, they are infinitely happier. Because they really don’t know what is good for them... like the broccoli versus the pile of sugar mentioned earlier. *Parental control actually brings forth happiness for the child.*

With similar constraints, we don’t get to just say, “*This is me. I’m just being real. I can’t change. I’ve always hated exercise (or fill in the blank), and I always will.*” No. Put on your NEW SELF! Kick your old self to the curb! It’s not benefiting you, and it’s going to sabotage any good changes that you desire to make. Shove the old self in the trash and embrace the transformation of the renewed mind!

What is terrifying, and sobering is that if you don’t kill your old self, and crucify the flesh, you will end your life in suffering and sadness. That’s the end result that we have to be honest about! Death, suffering, and sadness will be your fate.

If you let your mind go wherever it wants and do not constrain it with truth— you will *lose* your mind. You’ll end up hallucinating and you will lose all bearing on reality. We have got to catch those foxes before they destroy the garden. The gist is that we have to deal harshly with those out of control thoughts. Or the price we must pay is too high. Much higher than anything we want to pay!

The *hard* things are the *good* things. It’s not just people that are into the “health stuff.” We must be careful that we don’t waste our lives lying to ourselves about what “the good life” actually means. It can’t be over emphasized. But sometimes we gamble our lives and legacies away and give our birthright away for a bowl of stew... and we only get our own hallucinations and lies in return. Our choices make every difference for our families, for our children, and for those who come after us. It is not a light matter. We cannot reject the hard things because “we don’t have time” for them! What a risk it is...But none of us want to pay that price of suffering at the end of our lives because we refuse to reject what is easy and embrace what is hard!

Relationships and Marriage

What we're talking about is much deeper than just food and exercise. It's about relationships. Imagine you're going through a situation where your hormones have tanked...Or maybe it's your personality. You say things like, *"Well, I just don't love intimacy with my husband..."* or *"I won't engage"* or *"I'll wait until I'm really pursued."*

No! You don't just go with your feelings; you don't just go along with your hormones! You tell yourself, and your brain to do what is right! It's really about choosing to LOVE. Our hormones can be all over the place. We can't let them direct us. You're never going to have *just* the right amount of libido, or *just happen* to be "in the mood."

The way we *feel* can never be our barometer. And sometimes we ARE feeling it... and when that happens that is fantastic, but our way to a flourishing marriage is to choose to love whether we feel it or not... the way to LIFE is to be intimate. It's not a chore. It's how you cultivate a healthy marriage.

Feelings and emotions just cannot be the thing that drives us. We must be driven by what we know is right and good. An example is when you make the bed (even if you're not "feeling" it). And then suddenly that expression of love makes all the difference to your spouse. Because you're proving your love with action...*not feelings, ACTION*. All the butterflies and giddiness will follow, but even if they don't you've made a covenant. And it isn't some flimsy contract where you sign on the dotted line. *Covenants are written in blood*. So, you are acting on behalf of an ancient truth that is written in stone connecting you to your spouse. You've *chosen* love, and now you're walking that love out in your day-to-day life. You're rejecting the nasty, stinky feelings that aren't doing you any good... and that higher love brings everything into perspective.

Don't allow yourself to ask ridiculous questions like *"Do I still love my husband? Or do I still love my wife?"* What a flimsy, foolish, trashy thing to ask! No, it's marriage. If you're a slave to your body, and your fleshly mind...you'll fall in and out of love like all those celebrities. *Relationships are* the heart of the matter. It's really what this is all about. This is why we renew our minds... so we can LOVE one another well.

Scripture References for Deeper Study:

Philippians 4:8, Romans 8:6, Ephesians 4:17, Psalm 43:5, 2 Corinthians 10:5, 1 John 2:16, 1 Corinthians 9:27, Colossians 3:10, Song of Songs 2:15, Romans 12:2



Trim Healthy
Product News & Notes Spotlight



TH Pure Stevia Extract Powder

- ✓ *Our Pure Stevia IS NOT an artificial or chemical sweetener. Our extract is made from the non-bitter, naturally occurring, sweet component of the herb stevia – a glycoside called Rebaudioside A.*
- ✓ *This naturally sweet component is isolated from the stevia leaf, using a gentle water extraction process. We carefully monitored the process from leaf to powder and you can be assured that no bleaching occurs, nor are any unhealthy chemicals used.*
- ✓ *TH Stevia puts desserts and sweets back on the YES list for those who want to lose weight or watch their blood sugar. It is a zero-calorie sweetener and does not raise blood sugar levels. It is considered safe and even beneficial for diabetics or those who suffer from hypoglycemia.*
- ✓ *Out of all our Trim Healthy sweeteners, our pure extract is the most economical if you are pinching pennies. A little goes a long way. You only need a doonk or two in your smoothies or single-serve muffins.*
- ✓ *We made sure the extract you hold in your hand is non-GMO, USDA-certified organic, and GMP and FDA-compliant.*

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