

Victory in the Thought-Life Part 4: Virtual Reality and the Christian

<http://www.greatcontroversy.org/gco/pdf/vitl4-ho.pdf>

Scripture passage to memorize: Romans 12:1, 2:

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Desensitization: Deuteronomy 25:3:

Forty stripes he may give him, and not exceed: lest, if he should exceed, and beat him above these with many stripes, then thy brother should seem vile unto thee.

The Law of Beholding:

It is a law both of the intellectual and the spiritual nature that by beholding we become changed. The mind gradually adapts itself to the subjects upon which it is allowed to dwell. It becomes assimilated to that which it is accustomed to love and reverence. Man will never rise higher than his standard of purity or goodness or truth. If self is his loftiest ideal, he will never attain to anything more exalted. Rather, he will constantly sink lower and lower. The grace of God alone has power to exalt man. Left to himself, his course must inevitably be downward (Ellen G. White, *The Great Controversy*, p. 555).

Mind Hygiene Principle

My mind is strengthened as it dwells upon elevating subjects. Training my mind to run in the channel of purity and holiness makes it healthier and more vigorous. By training it to dwell upon spiritual themes, it will come more naturally to take that channel. Through my exercise of faith in God and earnest, humble reliance upon Him for strength and grace, my thoughts will be attracted to heavenly things (Ellen G. White, *Christian Temperance and Bible Hygiene*, p. 139).