



Why does Scripture teach us to have the mind of Christ?

Here is an interesting thought from myths about the brain recently released in an article in USA Today.

I quote: **Myth #2: We see the world as it is**

"We absolutely don't see the world as it is. It may be more accurate to say, as wise men have always told us: 'We don't see the world as it is; we see the world as WE are.' The brain receives incomplete information from the world and tries to complete that information. One example is that we actually only receive low-resolution flat 2D images through our eyes and our brain turns that into the high-def 3D world we take for granted. We really do live in the matrix. We see what we want to see, and we find what we expect to find."

“We see what we want to see and find what we expect.” It may not be what is real. But if this research is correct, we can’t trust ourselves to see the world as it is.

I remember the FOG of stage one caregiving. It was the assessment time of trying to understand the situation and plan what needed to be done. The most helpful and lasting learning for me came from the spiritual side of caregiving. Reading and hearing the words of Scripture helped me see more of God’s perspective of life. When Jesus says, “I tell you the truth” over and over again especially in the Gospel of John, Jesus is claiming He see things as God sees them; as they really are. He tells it like it really is.

Is there a Christian way of perceiving caregiving? I believe there is. While I received help from Caregiver SOS in San Antonio and am very grateful that they were there for me, it was my own leaning and trusting on God that made my caregiver experience a deep and personal walk closer to God. I think my spiritual walk made me a better caregiver for my mother. My spiritual walk helped me take better care of myself.

While understanding the progression of a disease is important, I believe there is a common spiritual walk that helps caregivers deal with many different disease situations. Those who fix their eyes on Jesus and ask for God’s participation will receive it. Scripture encourages us to draw near to God and God gives us the promise He will draw near to us. Our minds can get in the way and take us to that place of loneliness and hopelessness. I guess that is why Paul in Romans 12 encourages us to be transformed by the renewing of our mind. God is the one who sees things as they really are. We can trust what God tries to show us. When our minds are connected with God’s point of view, then, as Paul says, we will be able to test and approve of what God’s will is.

With humility and dependency it is good to get together with other Christians going through the journey of caregiving. We just might learn from each other and see life and our situation more clearly; as it really is.

