

*"My heart is fixed, O God, my heart is fixed: I will sing and give praise."* *Psalms 57:7 KJV*

Fixed; "immovably anchored." An anchor is only as good or as immovable as that to which it is anchored. When a sharpshooter aims their rifle, they "fix" the crosshairs on the target. When someone is "fixated" on something, we say they are "obsessed" with it. Lover's hearts are "fixed" on one another. Another way to think of "fixed" is, focused purpose. When I think of focus, I remember as a boy using a magnifying glass to focus the sun on a leaf or piece of paper to burn it. That is exactly what your eye does when it focuses on a single point. .... How many points does your eye see in the preceding



dotted line? Think of the minute focus required to see each one. You cannot focus or fix your gaze on more than one at a time. You must shift refocus to view each one. Desire focuses the heart. Thought focuses desire. What you think about is what you desire. Your mind controls your desire. What you allow into your mind controls you. You may think of music as relaxing or exciting and you choose the music based on how you want to feel. When you say you "like" a song, what you really mean is you like how it makes you feel or which emotion it evokes. Emotions are based on thoughts and thoughts are based on memories of events which is why the same song can evoke different emotions in different people depending on the events included in that memory. What you dwell upon, fixate upon, or think about determines your decisions. For example: You are hungry. So you start thinking about food. What you like, where, and how to get it. If you are in your car, you may "decide" to go to a burger joint you see. If at home, you may go to the fridge or cupboard. What occupies thought determines decision. If your decisions are wrong, you are not thinking the right things. Right things in thought will produce righteousness in deed. *"As he thinketh in his heart, SO IS HE!"* That is an absolute! God's Word is full of absolutes for living life. An absolute is an irrevocable, immovable, unchanging fact! Fire burns. *"Can a man take fire in his bosom, and his clothes not be burned?"* Light destroys darkness! The darker the night, the brighter the candle! *"Take heed therefore that the light which is in thee be not darkness. If thy whole body therefore be full of light, having no part dark, the whole shall be full of light, as when the bright shining of a candle doth give thee light."* If you can see, but wear a blindfold, your light becomes darkness. *"The god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them."* When you disobey God's Word, it gives Satan the ability to blind your mind from the Truth, the absolutes, that will keep you from doing right. You doubt God and you'll make bad choices every time. Ignorance is no excuse. We are instructed, *"STUDY to show thyself approved UNTO GOD, a workman that needeth not to be ashamed, rightly dividing the Word of Truth."* Like I said, "No excuse!"

Fix your heart on Truth alone,  
And you will walk, a righteous one,  
Pleasing God, approved, and safe,  
Until you see His Blessed Face! ~CGP

Upon what are your thoughts "fixed?" Momentary desires or eternal consequences? You decide what goes into your mind. You are the gatekeeper of your soul! What fiends of hell have gained access to your mind? I've heard it

said and believe it true, “Idle hands ae the devil’s workshop.” Satan never does evil to men himself. He uses men to do evil to men by simply controlling their thoughts. Why do restaurant commercials always air in the early evening? We see, we want, and we choose. *“And when the woman SAW that the tree was good for food, and that it was pleasant to the eyes, and a tree to be DESIRED to make one wise, she TOOK of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.”* Our choices not only damn us, but those around us! How many choices have you made based on a “friend’s” choice? Upon what is your heart “fixed?” You alone decide what. *“Let this mind be in you, which was also in Christ Jesus.”* What did Jesus think about? God’s Word! Because He was the *“Word made flesh.”* Fix your heart on Truth and not even Satan himself can move you!

*“But thanks be to God, which giveth us the victory through our Lord Jesus Christ. Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.” 1 Corinthians 15:57-58 KJV*

C. G. Palmer