

Reflecting Christ in Our Thoughts and Words

Your thoughts and words have the power to reflect Christ. Discover practical steps like thought audits and choosing uplifting speech to reflect Jesus in your daily conversations.

Introduction

Welcome to "Living Mirrors: Reflecting Jesus in Everyday Life." In this series, we'll discover how we can reflect Jesus in everything we do starting with our thoughts and words. How we think and speak has an undeniable impact on our ability to reflect Christ to the world. When our minds are focused on Him, and our words align with His truth, we become mirrors of His love and grace. In the next episode, we'll look at how our actions can shine His light, but first, let's explore how our thoughts and words set the foundation for reflecting Christ daily.

Our Thoughts Shape Our Reflection

The Bible places great emphasis on the power of our thoughts. The Apostle Paul writes In Philippians 4:8:

Philippians 4:8

(8) Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Paul understood the transformative power of our thought life. Our thoughts influence our attitudes, decisions, and behaviors. A mind focused on Jesus will produce actions that reflect His character. If we want to reflect Jesus, it starts in the private space of our minds. The thoughts we choose to dwell on either draw us closer to or away from Him.

This isn't just about avoiding sinful thoughts but intentionally setting our minds on things that glorify God. Imagine your mind as a lens. If the lens is clouded with negativity, fear, or anger, your reflection of Jesus will be distorted. But if the lens is clear—focused on His goodness—your life becomes a more accurate reflection of Jesus.

Accomplishing this requires a commitment to regularly practicing "thought audits." A thought audit is a self-check on what we dwell on each day. Here's how you can do it:

At the end of each day, jot down any recurring thoughts. Were they fear-based, or rooted in gratitude and faith? If you notice negative patterns, find corresponding scriptures, like Philippians 4:8, to focus on instead. Consider journaling or having an accountability partner to help you track your progress and redirect negative thought patterns.

Having someone to share with when you're struggling with negative or harmful thoughts can make a significant difference. Choose someone who will listen without judgment, pray with you, and offer wise counsel.



Speaking Life and Truth

Our words are a direct reflection of what's going on in our minds and hearts. Ephesians 4:29 says:

Ephesians 4:29

(29) Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

The words we speak have the power to build up or tear down, to reflect the love of Jesus or the brokenness of the world. Words shape the environment around us. In moments of anger or frustration, it's easy to speak harshly, but we're called to a higher standard. Jesus spoke life, truth, and grace. As His followers, we must intentionally choose to speak words that heal, encourage, and reflect His kindness.

Before responding in a moment of tension, pause and consider how Jesus would respond. Ask yourself:

- Are my words encouraging or discouraging?
- Will what I'm about to say build someone up or tear them down?

A practical challenge is to go a full day without speaking anything negative or unwholesome. Pay attention to how this exercise impacts your interactions. Make a habit of offering encouragement in everyday conversations, and practice gratitude in place of complaints.

You might also ask an accountability partner to gently point out when your words are being harsh or unkind.

Remember what Proverbs 27:17 says:

Proverbs 27:17

(17) As iron sharpens iron, so one person sharpens another.

Choose someone you trust deeply and who will speak honestly, without judgment, helping you grow in this area.

Guarding Our Hearts and Minds

The key to consistently reflecting Jesus in both thoughts and words is guarding our hearts. Proverbs 4:23 says:

Proverbs 4:23

(23) Above all else, guard your heart, for everything you do flows from it.

Our hearts are vulnerable to the influence of the world. What we allow into our hearts shapes our thoughts, which in turn shapes our words. In today's culture, there's an overload of information and influence vying for our attention. Negative news, divisive content, and harmful entertainment can easily fill our minds and hearts if we're not careful.

Guarding our hearts means being selective about what we consume. Are the things you watch, read, and listen to drawing you closer to Christ or pushing you further from Him? This includes the media we consume, the relationships we maintain, and the environments we surround ourselves with.



Take inventory of what influences you the most. Ask yourself:

- Are the TV shows, social media, or music you're consuming feeding your soul, or cluttering your heart with distractions?
- What habits do you need to adjust to guard your heart better?

This might mean setting screen time limits, being intentional about following positive influencers or Christian content creators, or even stepping away from certain media altogether. Replace it with time in prayer, worship, and reading scripture. Surround yourself with people and environments that encourage your spiritual growth.

Conclusion

Reflecting Christ in our thoughts and words isn't a one-time decision but a daily practice. As we fill our minds with His truth and guard our hearts from harmful influences, our words will naturally reflect His love and grace. The more we focus on Him, the clearer our reflection becomes. Like mirrors, our lives will shine brighter as we align our thoughts and words with His truth.

In the next episode, we'll dive deeper into how our actions, especially acts of love, can shine His light. Let's continue this journey of becoming living mirrors of Jesus in everything we do.

