Do you realize that you're being trained? We all are. The training might be coming from your social media, the entertainment you're consuming, the books you're reading, or myriad other possibilities. But your mind or soul is being formed, shaped by whatever you allow your eyes and mind to dwell on. In Luke 6:40 Jesus reminds us of the sobering reality that "everyone when he is fully trained will be like his teacher." Who or what are you allowing to be your teachers? It's critically important to identify them, because you're going to become like them, and so am I.

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