
“G.I.G.O. (*Good In, Good Out*)”

You can always tell what a person is reading, watching, or listening to just by their comments and topics of conversation. It is easy to determine what type of material is capturing their imagination or thoughts because it is usually what they will talk about at length or in depth. The overall depth of the conversation can give away what a person spends their time on, especially the quality of the content (or lack thereof). Those that invest their time in content or activities that are rich with quality, depth, personal growth and development tend to have a wellspring of knowledge that is insightful and impacting. The fruit they bear is usually of great benefit to someone else through a series of meaningful contributions into their lives. Based on what they have “stored up” they can now make quality deposits into the life of another person in the form of encouragement, a well spoken word or wisdom. The enrichment that has occurred (and continues to occur) can bring tremendous value to not only your life but others that may be in need. If you fill your mind up with good, positive things through wisely chosen activities, then automatically and without thought, it is what you will spill over on someone else. When the Scriptures in Phil. 4:8 exhort us to “...fix our thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable ...and praiseworthy...”, we are challenged to focus our energies on things that are worthwhile in “building us up” with quality and substance so that we can, in turn, be of use and value to God and others.

Subsequently, those whose majority of time is spent on venues that provide very little in the way of substance can only bring very little value to another in dire moments where insight, wisdom, and a strong word is needed. Now, let me make this clear. I am not advocating that there isn’t a time or a place for meaningless, shallow, and “brain on tap” activities because there is. We all need, at times, to indulge in such activities but those times cannot be the norm. The constant trafficking in of things that will not enrich you or bring about personal development will not produce the fruit that Jesus speaks of when He says “they will know you by your fruit” (Matt. 7:16). Besides, how much can you actually pour into someone if your own tank is empty? Whatever you allow to enter your mind that has the potential to seed damaging crop will only bring about a harvest of worthless empty junk. This is obvious when you meet someone and there is gossip, cursing, or meaningless chatter. In 2 Timothy 2:16, when Paul tells Timothy to “avoid godless chatter”, it is an instruction appropriate for today because those that have nothing of value to say often will find themselves in godless chatter. It becomes apparent that these individuals cannot give or bring forth what they do not possess. They are limited by their lack of the in-filling of good stuff. In other words, what you put in is what will come out – hence the term, “*Garbage In, Garbage Out*”.

A person can only share the things of which they have experienced, read, heard, or been exposed to. So, then the question becomes ‘what are we spending our time in?’ Are we spending our time in activities that will enrich our walk with the Lord? Are we reading His Word daily? Are we picking up good books that help us improve our daily living in areas of family and finance? Is the music we listen to, the TV shows, the radio programs, the events we attend *enriching* us? Are our current or future associations with people and organizations going to challenge us to become better? Or, are the very things that we are spending the majority of time investing in only keeping us from becoming the kind of well-rounded, insightful, impacting person that God wants to use? Are we wasting the opportunities that God presents for us to use to live a life that will make a difference for Him, for others, and for us? Can we secure that we will only allow Good In so that only Good comes Out?

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