

Shalom

Week #2 - Mind

Summary: *“Though it costs all you have, get knowledge,” the proverb urges. It’s worth more than silver or gold. This year has potential to see a great increase in our knowledge about God. But it won’t be easy. The pursuit of frivolous things tempts to make us too busy to stop and think and learn. This message is about the importance of knowing God through his Word and cultivating a strong spiritual habit in 2017.*

“A **mind** is a terrible thing to waste.”

- Matthew 22:37 - *Jesus replied, “Love the Lord your God with...all your mind.”*
- Proverbs 1:7 - *The fear of the Lord is beginning of knowledge...*

The mind is the front line of your battle with **sin**.

Story - Eskimo fisherman & His 2 dogs

- Romans 8:5-8 - *Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. 6 The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. 7 The mind governed by the flesh is hostile to God; it does not submit to God’s law, nor can it do so. 8 Those who are in the realm of the flesh cannot please God.*

The mind is the filter for your **emotions**.

- Romans 12:1,2 - *Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.*

The Word is the way to **reframe** your mind

1) Knowledge is **power**.

- John 8:31,32 - *To the Jews who had believed him, Jesus said, “If you hold to my teaching, you are really my disciples. 32 Then you will know the truth, and the truth will set you free.”*

2) Time is **essential**.

- Psalm 1:1-3 - *Blessed is the one...but whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither - whatever they do prospers.*

3) Help is **needed**.

- Ecclesiastes 4:9,12 - *Two are better than one...Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.*

Points To Ponder

1. In which areas have you “conformed” your thoughts to today's culture? Was it a result of feeding it with “worldly” sources? (Music, movies, TV, etc.) How did it lead you to think different thoughts than God? What was the result?
2. Where does your mind tend to go and wander when you are tired, stressed, exhausted, or alone? Because the mind is the filter of our emotions, how do the negative life experiences affect our behaviors in those moments? Think of 2 passages you might use to reframe your mind in those moments because knowledge is power.
3. Read Philippians 2:1-11 to reframe your mind. What “mindset” is Paul encouraging every Christian to have (v.1-5)? How does that type of thinking fit into the thoughts Jesus had while here on earth (v. 6-11)?

Homework: Daily memorize 1 new life verse to help reframe your mind