

# MIND YOUR MIND

Many of us are conditioned to avoid analyzing our thought world.

Feelings are seen as weakness.

The rugged individualism that is so ingrained in our culture means that we rarely take time to evaluate what's going on between our ears.

The CDC has reported that anxiety, depression, substance abuse, and suicidal ideations are at an all-time high due to the pandemic.

**2 Corinthians 10:3-6:** For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, being ready to punish every disobedience, when your obedience is complete.

Your mind is a \_\_\_\_\_.

**Romans 7:15:** For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate.

## HOW DO WE WIN THE BATTLE?

1. \_\_\_\_\_ WHAT YOU \_\_\_\_\_.

**Romans 12:2:** Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

**Ralph Waldo Emerson:** As a man thinketh, so is he.

**Craig Groeschel:** Your life is always moving in the direction of your strongest thoughts.

Do a mind audit.

Are your thoughts generally negative or positive?

Do you live out of a scarcity mindset or an abundance mindset?

Are you worried and anxious or hopeful and full of joy?

2. \_\_\_\_\_ WHAT YOU CAN \_\_\_\_\_.

All you can control is \_\_\_\_\_.

**2 Timothy 1:7:** For God gave us a spirit not of fear, but of power, and love, and self-control.

You are the \_\_\_\_\_ for your mind.

You cannot control how someone \_\_\_\_\_, but you can control how you \_\_\_\_\_.

**3. GET OUT OF YOUR \_\_\_\_\_ AND INTO GOD'S \_\_\_\_\_.**

God is not surprised by anything.

**Isaiah 55:8-9:** For my thoughts are not your thoughts, neither are your ways my ways, declares the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts higher than your thoughts.

**Romans 8:5-6:** For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

**Question: How do you use the first 20 minutes of your day?**

Jesus came so we can have life, and life abundantly – that includes not just your eternal soul, but your body, your spirit, and your mind.