



You Can Change Your Mind



What do you think? Your answer to that question will determine the successes and failures of your life.

What you think will make you a winner or a loser in life because what you think creates what you say and what you do; and what you say and do create the choices and decisions you make that shape your life and future.



As a Christian, you may believe that your mind, and what you think about, has nothing to do with being spiritual, and that you should separate the Bible, and holy things, from your every day worldly life; saving them for church and Bible studies.

Lots of people think that way and they get in a lot of trouble because of it. The truth is that the Bible was written for your mind! Think about it. That is the only place you can understand the teachings, and receive revelation knowledge from the Holy Spirit about them, so you can apply them to your daily life and thereby lead a godly life. Your mind is part of your soul.

When people memorize something, they say, “I know that by heart.” What they mean is that they have it stored in their mind and can repeat it when they think about it.

When the Bible uses the word “heart”, it always means your thoughts, your feelings, your mind.

Feelings don’t have a mind of their own. Every emotion you feel follows a thought you are thinking. You can’t have an emotional feeling without first thinking about or remembering whatever it was that happened to you.

It is the same way with the words you speak. You cannot speak a word, good or bad, until you first think of the words your going to speak and then choose whether or not to say them.

The Apostle Paul described words as the most powerful force in the world, and says it influences the whole course of a person’s life.

Many times the Bible says that what comes out of your mouth, which comes out of your mind, which comes out of your heart, will determine the outcome of your whole life, good or bad, because that is where your words, your actions and your decisions that shape your life come from.



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Jesus understood this when He said to all believers: *“Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and most important commandment.”* Matt. 22:37



The heart, soul, and mind all work together. You can't have one without the other. Just like the Holy Trinity of Father, Son and Holy Spirit. Each is a separate entity, but they can't be separated from each other. They all work together in unity.

Being in spiritual unity with God is the most important thing for you to strive for. If you are in close relationship with Him, you can lose your friends and still be blessed; you can lose your possessions and still be rich; you can even lose your health and still be fruitful in the Kingdom of God.

But, if you lose your close relationship with God – by spending less time with Him and His Word – then all the friends, possessions, and health in the world, won't buy true joy or true satisfaction.

There are many things in life that invade our mind and keep us from that intimate relationship with God that we long for. We need to check ourselves by asking:

- 1) Are the worries and pressures of this world crowding my mind and wearing down my faith?
- 2) Is reading my Bible still my first priority?
- 3) Does my mind wander away from the words when I do read my Bible?
- 4) Is it easier to spend more TV time than prayer and study time?
- 5) Do I look at, listen to, or read things that are ungodly, or negative?
- 6) Is the level of my faith in God lower now than it used to be?

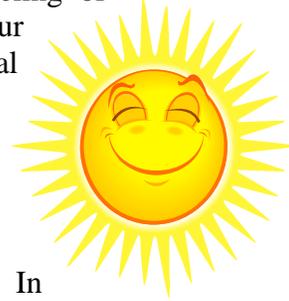
If the answer to any or all of these questions is “yes” and you want to change the behavior, but can't seem to be able to, then you can do the same thing David did when he was weak and cried out to God: *“Create in me a clean heart, O God, and renew a right spirit in me. Do not cast me away from Your Presence, and do not take Your Holy Spirit from me!”* (Psalm 51:10)



Our mind is where God speaks to us, but it is also where the devil speaks to us. That is why your mind must be in close relationship to God so you can know what is true and what is a lie, and what is good for you and what is not good.

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Whatever the devil puts in your mind will always be a temptation to go against something God has said in His Bible. And there will always be a feeling of uneasiness and fear to try and shake your faith in God. It's your faith that the devil is after. If he can steal your faith, he can steal your joy and anything else he wants.



If, on the other hand, it is the Holy Spirit speaking to you, there will always be a feeling of peace and love that comes with it.

The strongest emotion we have to guard our mind against is fear. In difficult times faith in God sometimes becomes lukewarm, or even cold, because of fear of the future and what might happen.

Fear and faith are like a spiritual teeter-totter. When fear is up, faith is down, when faith is up, fear goes down.

Faith is taking God at His Word, expecting and trusting Him to keep His promises to take care of you because He knows where you are every minute, and you are never abandoned or forsaken.

Fear is doubting God's willingness or ability to help you – and expecting the worst to happen, doubting what He said in His Word.

All fear is based on the fear of losing something you want to keep, or not getting something that you want, and something bad will happen to you as a result.

But, with God, even what may appear as a loss at first, will turn out to be all right in His individual plan for your life.



And, if you guard your mind, your thoughts, and your emotions, by thinking and living according to His Words, He will meet you there and will honor your faith and will strengthen you by His grace and unchanging love for you.

Paul experienced these truths and he wrote them for us in 1 Thessalonians 3:13: *“May He strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all His holy ones.”*



You Can Change Your Mind

1. Why is what you think so important?

2. How do you know the Bible was written for your mind?

3. How do your emotional feelings start?

4. How do you choose the words you will speak?

5. What is the most important thing for you to strive for?

6. Who speaks into your mind besides the Holy Spirit?

7. How can you know if it is the devil speaking to your mind?

8. How can you know if it's the Holy Spirit speaking to your mind?

9. What is the strongest emotion you have to guard your mind against?

10. What is the greatest commandment of them all? (Mt. 22:37)
(The answer to this question will be your memory verse)

MEMORY VERSE _____

You Can Change Your Mind

1. Why is what you think so important?

It will make me a winner or a loser in life.

2. How do you know the Bible was written for your mind?

It's the only place I can understand the teachings.

3. How do your emotional feelings start?

They follow the thoughts I am thinking.

4. How do you choose the words you will speak?

I have to think of them first and then decide if I should say them.

5. What is the most important thing for you to strive for?

I must always be in spiritual unity with God.

6. Who speaks into your mind besides the Holy Spirit?

The devil tries to speak lies into my mind.

7. How can you know if it is the devil speaking to your mind?

It will always be a temptation to go against God's Word.

8. How can you know if it's the Holy Spirit speaking to your mind?

There will always be peace and love that comes with it.

9. What is the strongest emotion you have to guard your mind against?

I have to guard my mind against fear.

10. What is the greatest commandment of them all? (Mt. 22:37)

MEMORY VERSE "Love the Lord your God with all your heart, and with all your soul, and with all your mind!"