

ALL YOUR MIND

Essentials for Spiritual Growth - Part 4 of 5

July 24-25, 2010

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.”

Mark 12:30

“Prepare your minds for action; be self- controlled...”

1:13

1 Peter

How To Stay Mentally Fit

1. Guard Access to Your Mind.

“...take captive every thought, to make it obedient to Christ.” 2 Corinthians 10:5

4 Kinds of Mental Material

• Poison.

“I want you to be wise concerning that which is good. But I want you to be innocent concerning evil.”

Romans 16:19

• Fillers.

“Some of you say, ‘We can do whatever we want to!’ But I tell you that not everything may be good or helpful.”

1 Corinthians 10:23 (CEV)

• Brain food.

“Things that are true and just and honest, think on those kind of things.”

Philippians 4:7-8

• God’s Word.

“Study this Book of the Law continually. Meditate on it day and night so you may be sure to obey all that is written in it. Only then will you succeed.”

Joshua 1:8 (New Living)

2. Never Stop Learning.

“Do yourself a favor and learn all you can; then remember what you learn and you will prosper.”

Proverbs 19:8 (Good News)

3 Essential Attitudes

• The attitude of openness.

“The intelligent man is always open to new ideas, in fact, he looks for them.”

Proverbs 18:15 (Living Bible)

• The attitude of humility.

“When pride comes then comes disgrace, but with humility comes wisdom.”

Proverbs 11:2

• The attitude of enthusiasm.

“Whatever you do, do it with all your heart as unto the Lord and not as unto men.”

Colossians 3:23

3. Practical Steps.

• **Schedule Think Time Each Week.**

“Make it your ambition to be quiet...”

1 Thessalonians 4:11

• **Develop a Personal Reading Plan.**

Paul: **“Don’t forget the books and the parchment. Bring them to me, I need them. I’m going to study.”**

2 Timothy 4:13

• **Spend Time With Wise People.**

“He who walks with the wise will be wise...”

Proverbs 13:20

• **Learn To Ask Questions.**

“The purposes of a man’s heart are deep water but a man of understanding draws them out.”

Proverbs 20:5

• **Take Advantage of Transition Times.**

“So be careful how you live. Don’t live like ignorant people, but like wise people. Make good use of every opportunity you have, because these are evil days.”

Ephesians 5:15-16 (GN)

CAUTION:

“Some people are always learning but never able to acknowledge the truth.”

2 Timothy 3:7

HOW TO GET STARTED:

“Let this mind be in you which is in Christ Jesus.”

Philippians 2:5