

This week, Pastor Andy presents the fourth installment of the five-part series "Essentials for Personal Growth" entitled "All Your Mind." This week's message deals with how you can obey the scripture that calls you "to love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." Pastor Andy says that the key to loving the Lord with all your mind is to stay mentally fit.

Pastor Andy discusses several things you can do to keep your mind fit. Begin by guarding access to your mind. Some things you are exposed to everyday can act just like poison. The apostle Paul admonishes you to take every thought captive and make it obedient to Christ. Some things act like mental "filler." They aren't really good or bad, but they take up room in your thoughts that could be put to better use. Then, there are some good things you can encourage in your thought life. These are things that inspire you, teach you, or help you grow. These items act like brain food; they help you to improve and be more useful in the Kingdom. The best thing you can bring into your mind is God's Word. God's Word acts like a compass, keeping you on course. The Word of God goes down deep into your soul and permeates your life.

If you want to serve God with all your mind, Pastor Andy says that it is essential for you to keep an open mind and always be ready to learn from other people. Be humble. Humility is the result of a conscious attitude and effort. If you think you know everything, you will learn nothing. Approach life with enthusiasm; you will be far more successful than if you do not. Enthusiastically embrace what God wants to teach you, and He will fill your mind with a growing knowledge of himself. This all sounds simple. So, what can you do to retrain your mind?

Pastor Andy says to begin by scheduling "Think Time" each week. Set aside a time and a place to do some uninterrupted thinking about what you need to become better at loving God with your whole mind. Next, develop a personal reading plan. What others have already discovered can help you to grow personally. Then, learn to ask questions. Go below the surface of things in life. If you do these types of things and also take advantage of transition times (or your daily opportunities) to act, Pastor Andy says you can grow in the Lord each day. Are you ready to learn how to love the Lord with all your mind?