

## The Mind

### Readings

*Rom 12.2 Do not conform to the pattern of this world but be transformed by the renewing of your mind*

*Prov 23:7 As a man thinks, so he is.*

1. Whatever gets most of your attention will eventually get you. Can you give examples of situations where this was the case?
2. Thoughts wandering while worshipping, while praying? Does this happen to you. What sort of things do you think about?
3. Some people say they listen to the music, but not the words, but research shows we unconsciously pick the words up. Does anyone have an example of this?
4. If we were to meditate on one Scripture before we go to bed at night, it can have a positive effect on our thought life, it is like soap, it can have a cleansing effect on our mind because the mind never goes to sleep. *The entrance of Gods word brings light and understanding Ps 119.130.* Does anyone do this? What would be other good verse to meditate on?
5. In the military, they completely deprogramme you. They cut your hair, give you a uniform so you look like everybody else, teach you to salute and to respond to your superiors in certain ways, you do things over and over, obey commands instantly without question even though you may not understand why. They reprogram you to think and act effectively & efficiently as a competent soldier. As Christians, we need to do something similar *we take captive every thought to make it obedient to Christ. (2 Cor 10:4-6) Comments?*
6. We cannot allow our mind to think anything it wants to; Incorrect 'self talk' – like 'you're hopeless, a loser, boring, ugly, ugly' – we need to trace, face and replace. Does anyone think things like this?
7. *1 Pet 5.8 Be careful! Watch out for attacks from the Devil, your great enemy. He prowls around like a roaring lion, looking for some victim to devour.* Documentaries of the Serengeti show lions attack sick, young, or straggling animals; they choose victims who are alone or not alert. What sort of people make easy victims for Satan in our communities?
8. Protect your mind through wearing the helmet of Salvation. *Ephesians 6:17 Put on salvation as your helmet. 1 Thes 5:8 Let us be self-controlled, putting on faith and love as a breastplate and the hope of salvation as a helmet.* This is the hope of good things ahead. The belief in God's promises for us. What are the promises of God we can claim and look forward to? (**Ps 112:7** *They will have no fear of bad news; their hearts are steadfast (fixed firm), trusting in the LORD.*)