

A Healthy Mind

3 John 1:2 - *“Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.”*

The health of your life is tied to the health of your soul

With everything going on around us...it's easy to lose focus on what's going on in us.
You can't control the things around you but you can control what's going on inside of you

WHAT IS THE SOUL?

Soul - psuché - psychology

We are Spirit, Soul, Body - Spirit gets saved at salvation. Soul (your mind, your will and your emotions) are being saved. Body will be saved

If our soul is - our mind, will (*desires*), and emotions, then how do we get a healthy soul?

We have a culture where emotions are high and wisdom is low.

People make decisions based on emotions. - What feels good/bad. Led by fear, anxiety, worry

EMOTIONS ARE A GOOD GAUGE BUT A BAD GUIDE

Rationality only represents about 20% of human decision-making - emotions drive 80% of the choices we make. - 80% of our decisions are feelings based regardless of truth or facts

If you want a healthy life and a healthy soul there is a process.

THOUGHTS > BELIEFS > FEELINGS > ACTIONS

YOUR THOUGHTS HAVE POWER

Rene Descartes - “I think...therefore I am”

Proverbs 23:7 - For as he thinks in his heart, so is he..

- **Your life is moving in the direction of your strongest thoughts - Craig Groeschel**
- Battlefield of the Mind - Joyce Meyer - *You cannot have a positive life with a negative mind*

THINK ABOUT WHAT YOU'RE THINKING ABOUT

- **What are you letting in?** What are you watching, who are you talking to, what are you listening to? - What negative thoughts have ruled you without you realizing it?

2 Corinthians 10:5 - *We destroy arguments and every lofty opinion raised against the knowledge of God, and **take every thought captive to obey Christ.***

You can take your thoughts captive...or your thoughts will take you captive.

How do you take your thoughts captive? - The original word means means to “Listen Under” or bring into compliant submission.

FILTER YOUR THOUGHTS THROUGH GOD'S WORD

Right now we have an unfiltered mind and unfiltered emotions.

If we aren't careful we will filter the word through our opinions and feelings. - We determine whether we believe the word of God based on how we feel.

Your feelings can be real and not true. When your feelings, desires or thoughts disagree with the Word of God, you have to choose what you're going to trust.

Hebrews 4:12 - *For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, **cutting between soul and spirit**, between joint and marrow. **It exposes our innermost thoughts and desires.***

Romans 12:2 - *Do not conform to the pattern of this world, **but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.***

The pattern of thinking this world teaches us - fear, worry, anxiety, lust, greed, selfishness, entitlement.... if we do nothing our default is to conform to the worlds' pattern.

Neural Pathways. - Waterways in your mind. Default pathways that define how we think.
- *Science calls it rewiring your brain...but God calls it renewing your mind.*

Paul gave us some guidelines on what to think about in Philippians

Philippians - 4:8 NLT - *And now, dear brothers and sisters, one final thing. **Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.***

True - What is true in fact. Credible. Truthful.

Honorable - Does it honor God and honor people?

Right - Righteous. In the eyes of God, righteous. In line with how God things.

Pure - free from defilement. Holy. Sacred. Clean.

Lovely - Are you thinking about God's love, and loving others?

Admirable - Good reports. Are we thinking about testimonies of God's goodness?

Excellent - Moral goodness or virtue. Moral excellence being displayed in your life.

Worthy of Praise - Is what you are focusing on worthy of being praised...or worthy of applause or being celebrated?

Do you like the direction of your life? What are you thinking about? Allowing in?

Colossians 3:2 - ***Set your minds on things that are above, not on things that are on earth.***

CHALLENGE

This week...take one thought. One lie you've believed. One emotion that has been driving your life...and begin to make it listen to the word of God.