

# 7 THINGS THE MIND NEEDS TO HEAL

RC BLAKES

Life produces PAIN. That pain when not processed distorts the Perspective. I call this broken consciousness. How you process is important. Don't get stuck. When you realize it you must process it to protect your soul.

The Mind Must Be Healed

## **PSALMS 23:3**

**He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.**

Restoreth my soul is equal to a methodical process. We don't just have a healthy mind without intention.

## **ROMANS 7:23**

**But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members.**

Your ability to manage your mind and emotions is the barometer for how high God can bring you in life.

## **IMPACT POINT!**

**Your Emotional Pain Tolerance Is The Ceiling Of Your Potential.**

Life is filled with emotional assaults. The world throws so much at us that impacts the mind negatively. (abuse, disapproval, prejudice, violence, exclusion being overlooked, etc). These things injure the mind and the life is damaged but it's beneath the surface, so nobody knows unless they intentionally look beneath the surface.

## **IMPACT POINT!**

**Practically Everybody In This Room Is Wounded In a Your Mind And It Impacts Your Relationships, Your Willingness To Step Into Your Opportunities And How You View Others**

The mind is difficult because the mind it travels through time and it brings us back to a negative point in our history associated with the feelings as well

## **1. THE MIND NEEDS FORGIVENESS**

Forgiveness is not about condoning wrongs but about freeing yourself from the heavy burden of past hurts. Letting go of offenses creates mental space for positive growth and emotional well-being.

To not forgive offenses is to accumulate a collection of offenses that preoccupy the space in your heart where peace, love, joy and creativity are to dwell. To hold on to others is lose yourself.

### **JOHN 20:23**

**Whose soever sins ye remit, they are remitted unto them; and whose soever sins ye retain, they are retained.**

### **JOHN 20:23 MESSAGE BIBLE**

**If you forgive someone's sins, they're gone for good. If you don't forgive sins, what are you going to do with them?**

The mind needs to let go of offenses to be clear and functional.

In Christian therapy, forgiveness is seen as a crucial step in healing, allowing individuals to release the "old self-life" that weighs them down and to be restored to a "usable and functioning condition"

### **Life Application Strategy:**

**Practice a "letting go" ritual. Write down the offense on a piece of paper and then safely destroy it—shredding or burning it—as a symbolic act of releasing that hurt from your mental and emotional**

space.

## 2. THE MIND NEEDS VISION

A clear vision for the future provides direction and hope, which are powerful antidotes to feelings of being stuck or suffocated by past history and present circumstances.

Vision Gives Us a "Reason To Get Up Every Day"

**Vision is the capacity to identify a person's purpose and to discern the daily path that leads to that place called destiny.**

God gave Adam a purpose before he gave him a wife. A man that does not have a purpose or glimpse of a future is emotionally and psychologically suffocating.

• **Quote from a Mental Health Professional:**

**From a therapeutic perspective, having a purpose helps shift one's mindset from one of scarcity to one of abundance, which can lift your mood and promote resilience during challenging times.**

• **Life Application Strategy: Start a "Vision Journal"** Dedicate a few minutes each week to write down your goals, dreams, and the steps you can take today that align with your God- given purpose. Review it regularly to stay focused.

## 3. THE MIND NEEDS COMPASSION

A Lack of Compassion for Others Is Trauma Manifesting In Your Personality as Emotional Inavailability

Compassion for others keeps our own hearts soft and prevents the emotional toxicity that comes from bitterness and anger. It connects us to our shared humanity and fosters mental authenticity.

Many people are emotionally toxic because they lack compassion for others

because of their own pain.

To foster healing you will have to often give to others what was never given to you.

### **IMPACT POINT!**

**When You Lack Compassion For Others You Become A Self Righteous Hypocrite. Hypocrisy Creates Mental Illness Because You're Not Authentic .**

### **GALATIANS 6:1**

**Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted.**

Mental health research concludes that we have a fundamental need for "safe, secure attachment" which is as essential as basic necessities. Extending compassion helps build these safe connections with others.

**• Life Application Strategy: Practice empathetic listening. In your next conversation, make a conscious effort to listen only to understand the other person's perspective, without judgment or the intent to immediately reply or problem-solve.**

## **4. THE SOUL NEEDS VENTILATION**

Emotional health requires safe outlets to express our struggles. Keeping feelings bottled up can create internal pressure, while sharing them with trusted individuals can lead to healing.

Everybody needs a place and safe people where they can vent without being analyzed or judged.

### **JAMES 5:16**

**Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man**

**available much.**

Faults speak of failures or points of breaking.

## **IMPACT POINT!**

**Church People Believe That Praying Is Enough; But, Sometimes You Need To Have A Conversation**

At every point when Jesus' mind was being tested he had a conversation with his father. When he was in the Garden he asked him to take this "task from me". When he was on Calvary he asked him "why have you forsaken me"?

## **YOU NEED PEOPLE TO TALK TO**

During times of stress, it's important that we reach out to safe people, who we can trust and share what's going on in our lives. Our need isn't for others to solve our stressors but instead to listen with empathy and be present with us.

**Life Application Strategy: Identify 2-3 "safe people" in your life—those who listen well and maintain confidentiality. Make a commitment to reach out to one of them when you feel overwhelmed, and be specific about whether you need advice or just a listening ear.**

## **5. THE MIND NEEDS TRANSPARENCY**

Hiding our past and our struggles gives them power over us. Transparency, while vulnerable, disarms shame and allows us to integrate our experiences into a story of strength and redemption.

Most people are running scared of their history. The reality is that God gave you all of those experiences to empower your destiny. Why be ashamed of the things God used to make you.

## **IMPACT POINT!**

### **Your Transparency Is A Gift To Yourself And The World.**

Transparency frees you from the opinions or judgements of men. When you get free from your past to the point you can be honest about it, it rescues you from the control of people.

Jesus created an uncomfortable and transparent moment for the woman at the Well. He made her face her life of promiscuity with multiple men. She had to admit he was a prophet. When she left that transparent moment something happened to her.

## **JOHN 4:28-30**

**The woman then left her waterpot, and went her way into the city, and saith to the men, Come, see a man, which told me all things that ever I did: is not this the Christ? Then they went out of the city, and came unto him.**

After the woman had her transparent moment the shackles on her mind that bound her to men were destroyed and she ministered to the thing that was previously her problem.

**IMPACT POINT! Her Deliverance Was In Her In therapeutic practice, "walking through the valley," or facing difficult emotions and past experiences with courage, is essential for healing. We are reminded that we do not have to walk through these valleys alone.**

**Life Application Strategy: Take a small step toward transparency by sharing one personal struggle or lesson learned from your past with a trusted friend or a supportive small group. Focus on how it has shaped you, not just the facts of what happened.**

## **6. THE MIND NEEDS A TRASH DISPOSAL SYSTEM**

A healthy mind actively filters and discards negative and intrusive thoughts. Without this system, mental "strongholds" can form, hindering our potential and

peace.

A healthy mind is capable of disposing of past negativity that it doesn't inhibit present potential.

### **PHILIPPIANS 3:13-14**

**13 Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, 14 I press toward the mark for the prize of the high calling of God in Christ Jesus.**

### **IMPACT POINT!**

**You Also Need To Recognize Immediate Threats To Your Emotional Health**

### **2 CORINTHIANS 10:4-5**

**4 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) 5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;**

Experts suggest using practical tools to manage overwhelming thoughts. This can include recognizing early "peace cues" like muscle tension or irritability, and then using strategies to "refocus" your mind on truth and peace.

**Life Application Strategy: Implement a daily "mental declutter". Set a 5-minute timer and write down every anxious or negative thought. Then, consciously dismiss each one by countering it with a truth from scripture or a positive affirmation about your identity in Christ.**

## **7. THE MIND NEEDS DIVINE MEDITATION**

Trauma Keeps You Stuck In The Past or The Future. Meditation Centers You In The Present

Meditation in a biblical context is the intentional practice of focusing our wandering minds on God's character and promises. This discipline is directly linked to experiencing profound and perfect peace.

Meditation is the discipline of directing the mind intentionally as opposed to allowing the subconscious mind to run free.

### **ISAIAH 26:3**

**Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.**

### **IMPACT POINT!**

**Meditation Forces The Mind To Return From The Negative Past Or The Uncertain Future And To Be Present In The Moment**

### **PSALMS 1:2-3**

**2 But his delight is in the law of the Lord; and in his law doth he meditate day and night. 3 And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.**

You will keep in perfect peace those whose minds are steadfast, because they trust in you. A steadfast mind is a mental posture we cultivate with intention; it's a spiritual habit, not a personality trait.

Christian therapists often recommend practices like breath prayers or focused stillness on scriptural images to calm the brain.

**Life Application Strategy: Practice a "Breath Prayer". Find a quiet space for five minutes. As you breathe in, silently say, "The Lord is my shepherd". As you breathe out, say, "I lack nothing". When your mind wanders, gently return to this phrase.**



