

Mind Monsters
Training Our Mind
January 19/20, 2019

Philippians 4:8-9 (TLB) And now, brothers, as I close this letter, let me say this one more thing: Fix your thoughts on what is true and good and right. Think about things that are pure and lovely, and dwell on the fine, good things in others. Think about all you can praise God for and be glad about. Keep putting into practice all you **learned** from me and saw me doing, and the God of peace will be with you.

Hebrews 12:11 (ISV) No discipline seems pleasant at the time, but painful. Later on, however, for those who have been trained by it, it produces a harvest of righteousness and peace.

Psalms 119:15-16 I meditate on your precepts and consider your ways. I delight in your decrees; I will not neglect your word.

Psalms 143:5 I meditate on all your works and consider what your hands have done.

3 Ways to Begin to Defeat the Mind Monsters:

1. Recognize the Mind Monsters.

2 Timothy 2:1 You then, my son, be strong in the grace that is in Christ Jesus.

Matthew 15:15-18 NLT “Are you still so dull?” Jesus asked them. “Don’t you see that whatever enters the mouth goes into the stomach and then out of the body? But the things that come out of a person’s mouth come from the heart, and these defile them. For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander.

Mark 6:1-6 (NLT) Jesus left that part of the country and returned with his disciples to Nazareth, his hometown. The next Sabbath he began teaching in the synagogue, and many who heard him were amazed. They asked, “Where did he get all this wisdom and the power to perform such miracles?” Then they scoffed, “He’s just a carpenter, the son of Mary and the brother of James, Joseph, Judas,

and Simon. And his sisters live right here among us.” They were deeply offended and refused to believe in him. Then Jesus told them, “A prophet is honored everywhere except in his own hometown and among his relatives and his own family.” And because of their unbelief, he couldn’t do any miracles among them except to place his hands on a few sick people and heal them. And he was amazed at their unbelief.

2. Reject and Reframe the Mind Monsters.

Key Thought: You can’t control what happens to you. But you can control how you frame it.

Philippians 1:12-14 And I want you to know, my dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News. For everyone here, including the whole palace guard, knows that I am in chains because of Christ. And because of my imprisonment, most of the believers here have gained confidence and boldly speak God’s message without fear.

How do we reframe something?

✓ Give thanks for what didn’t happen.

✓ Look for God’s goodness.

3. Replace the Mind Monsters.

Hebrews 4:12 For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

Key Thought: We need to write it, think it, and say it, until we believe it....

Walk Away: I will start controlling what I think, so I can have better control over what I do.

Upcoming Events:

+ Life Group Directory Launch This Weekend! Sign up online or in the foyer. Spring groups run from Jan 27th-Apr 27th

+ Revival Friday: January 25th @ 6:30pm. Childcare Provided