

Mind Monsters  
Where is Your Focus?  
January 12/13, 2019

**Philippians 4:8 (Msg)** Summing it all up, friends, I'd say you'll do best by **filling your minds** and meditating on things **true**, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. **Put into practice** what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.

**1 Kings 19:1-4** Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah to say, “May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.” Elijah was afraid and ran for his life. When he came to Beersheba in Judah, **he left his servant there**, while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. “I have had enough, Lord,” he said. “Take my life; I am no better than my ancestors.

4 Takeaways from Elijah:

- ✓ Faulty thinking.

**Joshua 1:7-9** Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

- ✓ Isolation.

**Ecclesiastes 4:12** A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.

- ✓ Led by feelings.

**John 8:32** And you will know the truth, and the truth will set you free.

- ✓ Comparison.

**Galatians 1:10** I'm not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ's servant.

**1 Kings 19:5-19** Then he lay down under the bush and fell asleep. All at once an angel touched him and said, “Get up and eat.” He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. The angel of the Lord came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.” So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God. There he went into a cave and spent the night.

4 practical truths to creating a strong and healthy mindset:

1. Get healthy physically.

**Psalm 127:2** In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.

**Psalm 4:8** I will lie down and sleep peacefully, for you, Lord, make me safe and secure.

2. Pour my heart out to God.

**Matthew 11:28-29** Come to me, all you who are weary and burdened, and I will give you rest...and you will find rest for your souls.

3. Focus my mind on the promise not on the problem.

**Colossians 3:1-2** Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. 2 Set your minds on things above, not on earthly things.

4. Let God give me a new purpose and new direction for my life.

**2 Corinthians 4:16-18** Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

**Walk Away:** I will no longer give the enemy a foothold in my life; I will stay focused on God.