

July 31, 2022

Sour Subjects: Week 4

One of the issues I want to share on today is Mental Health. Mental struggles/illness has been a Taboo Issue for a long time... in the world, and maybe even more in the church?

We go out of our way to help someone with a Physical Struggle, but we gloss over it when someone talks about their mental struggles?

Maybe because we can't see it, or recognize how far back it goes... it's hard for us to relate, or we've just been conditioned not to talk about it?

Today, the issue of Mental Health has become somewhat mainstream... and it's finding its way into most diagnoses!

The Bible has a lot to say about our MIND!

The Bible talks about:

- a Troubled mind (2 Kings 6:11)
- a Depraved mind- Just as Jannes and Jambres opposed Moses, so also these teachers oppose the truth. They are men of depraved minds, who, as far as the faith is concerned, are rejected. (2 Timothy 3:8)
- a Sinful mind- The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. (Romans 8:7 NIV)
- a Blinded mind- The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God. (2 Corinthians 4:4)

Today I want to frame our message as if it would relate to creating a Business.

I. FORTUNE- Plan for Success

What every company sets out to do... is become profitable, or add value to society.

- Some exist where Dollars are the bottom line!
- Others are Non-Profit

1 Peter 1:13 (NASB)

Therefore, prepare your MINDS for action...

2 Corinthians 10:3-5 (NASB) [Spiritual Warfare]

Though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh, but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.

The apostle Paul is telling us that our job in this battle is to “destroy evil strongholds of our MIND!” These “arguments” are challenges against the *knowledge of God*.

A Stronghold can be a lot of things.

- Worry- can be a stronghold.
- Seeking the approval of other people- can be a stronghold.
- Anything that you make an idol in your life can be a stronghold — fear, guilt, resentment, insecurity.

And the Bible says... don't ignore them, coddle them, feed them, we are to tear them down!

A. Take *captive* every thought

The Greek word is *aichmalōtizō* means “to control, to conquer, to bring into submission.” We *take captive*. We make it submit. Every thought obedient to Christ.

But HOW do you do that? And how do you teach other people to do that? How do I make my MIND mind?

To Win the War, we need the next Business component...

II. FOCUS

Philippians 3:13-14 (NIV)

Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Let's break this down further...

A. I do not consider myself yet to have taken hold of it. (v.12- Not that I have already obtained all this, or have already arrived at my goal...

- Paul feels our struggle! He's in the race, in the battle too!

B. But I *press on to take hold of* that for which Christ Jesus *took hold of me*

- I don't give up until I'm secure (take hold like a vise) in the knowledge of God over my life! (What He's locked down for my life!)

HOW?

1.) Don't Believe Everything You Think

We naturally feel that if we think something, it must be true because it comes from within us. But just because you think something does not make it true!

- The World puts suggestions in our minds that are false
- Media/Social Media fills our MIND!
- Satan makes suggestions all the time

But one of the big reasons why you need to not believe everything you think is that... *we see what we want to see.*

2.) Guard Your Mind from Garbage

The old cliché from the early days of the computer — GIGO, garbage in/garbage out — is still true today. If you put bad data into a computer, you will get bad results. If you put mental garbage into your mind, you will get garbage out in your life.

Proverbs 15:14 (NLT)

“A wise person is hungry for knowledge, while the fool feeds on trash.”

Any nutritionist will tell you that there are three kinds of food for your physical body.

1. There is Brain food that makes you smarter (food that actually makes you smarter!).
2. There is Junk food, which is simple calories — it's not poison, but it's just empty calories.
3. There are Toxic foods.

Polydimethylsiloxane- it's the same thing as Silly Putty. You can find this additive in most fast food and fountain drinks. It can also be used in caulks and adhesives.

Ammonia- Companies spray meat with ammonia to kill bacteria before packaging

Silicon Dioxide- is a major constituent of sand. It is found mostly in powdered foods to absorb any clump forming moisture.

Carmine- red food coloring made out of boiling or grounding up cochineal bugs, a type of beetle. Basically, if you want to avoid them, avoid any *artificial red coloring*.

There are Toxins in what you see, what you hear, and what you allow into your mind!

3.) Consume the Word of God

III. FITNESS

According to Forbes magazine...

- In any given year, about 50% of new businesses close within their first year.
- In the next 12 months after that, nearly half of those that didn't close in the beginning are gone for good.

- After three years, it's 90%, and after five years, it's 99%.

We need to take care of our Temple! Spiritually, Physically and MENTALLY!

Romans 8:6

The MIND governed by the flesh is death, but the MIND governed by the Spirit is life and peace.