

## I. Review

### A. Session 1 – Everyone Needs a Reset

1. **Reset Definition** – A series of actions to restore back to order. To make necessary adjustments. To restore back to initial or proper position.
2. **There are times in my life that I need a reset!**
3. **Isaiah 54:11-14 (GWT)** – <sup>11</sup>*You suffering, comfortless, storm-ravaged city! I will rebuild your city with precious stones. I will reset your foundations with sapphires. <sup>12</sup>I will rebuild your towers with rubies, your gates with sparkling stones, and all your walls with precious stones.” <sup>13</sup>All your children will be taught by the LORD, and your children will have unlimited peace. <sup>14</sup>You will be established in righteousness. You will be far from oppression, so you will not be afraid. You will be far from destruction, so it won't come near you*

### B. Previous Sessions

1. **Session 2 – Reset Your Attention**
2. **Session 3 – Reset Your Priorities**
3. **Session 4 – Reset Your Emotions**
4. **Session 5 – Reset Your Thinking Part 1**  
**God wants you to have a healthy mind!**
  - a. Mind health is a **balanced mental and emotional state** which allows a person to be productive during their day – **a mind that can be productive.**
  - b. **A mind that can stay on task.**
  - c. **A mind that blesses my life.**
  - d. **Family, relationships, career, etc.**

***Defrag Your Mind***

Pastor Dale Campbell

**II. Defrag your Mind**

**A. Defragmentation Meaning:** *If something is fragmented, it is broken or separated into distinct parts.*

- 1. Defragmentation** – the process of reorganizing the data stored on a hard drive so that related pieces can be put back together again.  
*Bringing the pieces back together so things can work properly.*
- 2. Benefits of defragmentation:**
  - a. **The computer runs faster.**
  - b. **Reduces errors.**
  - c. **Overall performance is improved.**
- 3. Fragmentation terms and definitions:**
  - a. **Mental fragmentation** – mental and emotional imbalance sometimes referred to as soul fragmentation.  
*The root cause = persistent negative mental thoughts created by an untrained and undisciplined mind.*
  - b. **Fragmentation of memory** – memory disruption pertaining to the flaws or irregularities in sequences of memories.
  - c. **Fragmented mind disorder** – a person who can still see themselves in the mirror, but the image in their mind they see through the brokenness of the mirror – the self image is broken or damaged.
  - d. **These are just a few of the more extreme issues that often render a person inactive or unable to perform daily life's tasks.**
  - e. While most people will not experience mind fragmentation on this level, each person has to take responsibility for what is happening in their mind.
  - f. An undisciplined mind will be an open door for anxiety, depression, sickness, disease, weakness, and the devil.
  - g. Fragmented mind
    - 1) A mind that is not processing things as it should.
    - 2) A mind that has too many pieces of information that it is attempting to bring together.
    - 3) A racing mind.

***Defrag Your Mind***

Pastor Dale Campbell

- 4) An overactive mind.
- 5) A noisy mind.
- 6) A wandering mind – a condition in which thoughts do not remain focused on the task at hand but shifts attention spontaneously to other topics.
- 7) A tormented mind that cannot stay at peace.
- h. There is an epidemic of mind issues.  
*Covid stress, anxiety disorders, depression, ADD, ADHD, etc.*
- i. The Issue: If my mind isn't right – my life will not be right!  
*Everything is connected to my mind.*
- j. God doesn't just want us to renew our minds according to Romans 12, He wants us to have a healthy mind that can function as He created it to.  
*How do I have a mind that stays on track?*  
*How do I have a mind that can stay focused?*  
*How do I have a mind that is productive?*  
*How do I have a mind that is taking me forward?*  
**ANSWER: MIND RESET!**

### III. Mind Reset

#### A. What does the Word say about our mind?

1. **Hebrews 12:1-3 (KJV)** – <sup>1</sup>*Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, <sup>2</sup>looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. <sup>3</sup>For consider him that endured such contradiction of sinners against himself, lest ye be wearied and **faint in your minds.***
  - a. **The writer of Hebrews reminds us to guard against a mind that is overrun by the pressures of life lest we become weary and faint in our minds.**
    - Weary – to grow weary – or to become sick

**Defrag Your Mind**

Pastor Dale Campbell

- Faint – to grow weak – to be tired out – enfeebled through exhaustion.
  - Notice – This isn't a condition of the body but a condition of the mind (*It certainly will affect the body*).
  - b. The Remedy = Verse 2
    - Looking unto Jesus
    - Consider Him
    - Looking – to turn your eyes away from other things and fix them on something. Two key terms: TURN & FIX!
    - Consider – to think over – to ponder
    - The remedy to a wandering overactive mind that is causing you to faint is to turn your eyes away from somethings and fix your attention on something else – specifically on Jesus in this passage.
    - Spiritual or not – the remedy to many issues of the mind is to reset your mind/thinking/thoughts/considerations.
  - c. **Mindfulness** – maintaining moment by moment awareness of our thoughts, feelings and the surrounding environment. – to pay attention to our thoughts.
    - The writer of Hebrews is telling us to pay attention to our thoughts and fix/set them intentionally. Don't allow your mind to be overrun/consumed by too many things. Stay focused on the MAIN THING! Be aware of your thoughts and where they are taking you!
    - What is your Mind full of? Is it too full?
    - **1 Chronicles 16:15 (KJV)** – *Be ye mindful always of his covenant, the word which he commanded to a thousand generations.*
2. **Psalm 57:7 (KJV)** – *My heart is fixed, O God, my heart is fixed: I will sing and give praise*
- a. **The heart here is compatible with the mind.**
  - b. **Fixed – firm/established/stable/determined**  
*To be directed right!*  
*To be directed specifically toward its goal.*  
*A heart/mind that isn't fixed in a specific direction will be allowed to take your life in the wrong direction.*

**Defrag Your Mind**

Pastor Dale Campbell

- c. The Psalmist's heart is unwavering!
- d. Notice the result of an unwavering mind – *I will sing and give praise! Paul and Silas could praise and sing because their minds were not fragmented by the pressures of the day.*

**Psalm 108:1 (KJV)** – *O God, my heart is fixed; I will sing and give praise, even with my glory*

- e. The fixed/focused/steadfast mind will drive fear out.

**Psalm 112:7-8 (NKJV)** – <sup>7</sup>*He will not be afraid of evil tidings; His heart is steadfast, trusting in the LORD.* <sup>8</sup>*His heart is established; He will not be afraid, until he sees his desire upon his enemies.*

*His attention is fixed on the one he trusts in.*

*His attention is not scattered around on all of life's problems.*

*We need our minds anchored in the one (Jesus) who is the answer to every circumstance.*

**NOTE:** If you have a mind that is filled with fear it isn't mindful of the right things. The fearful mind isn't set, it is allowed to roam free.

3. **Matthew 6:25-34 (NKJV)** – <sup>25</sup>*Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?* <sup>26</sup>*Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?* <sup>27</sup>*Which of you by worrying can add one cubit to his stature?* <sup>28</sup>*So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin;* <sup>29</sup>*and yet I say to you that even Solomon in all his glory was not arrayed like one of these.* <sup>30</sup>*Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?* <sup>31</sup>*Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'* <sup>32</sup>*For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.* <sup>33</sup>*But seek first the kingdom of God and His righteousness, and all these things shall be added to you.* <sup>34</sup>*Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.*

**Defrag Your Mind**

Pastor Dale Campbell

- a. Do not worry!
- b. Do not worry about tomorrow!  
*The mind will wander into the future.*  
*Most worries of the mind are connected to the past and the future.*  
*How many of your troubling thoughts are connected to your past?*  
*How many of your troubling thoughts are connected to your future?*
  - You cannot change the past!
  - Most things worried about in the future never occur.
- c. **Matthew 6:34 (CEV)** – *Don't worry about tomorrow. It will take care of itself. You have enough to worry about today.*
- d. Jesus was not giving us permission to worry!  
He was revealing a common problem that many encounter. The tendency to lose focus on TODAY – and be anxious about TOMMORROW.
- e. **Luke 12:29 (KJV)** – *And seek not ye what ye shall eat, or what ye shall drink, **neither be ye of doubtful mind***  
**Luke 12:29 (NKJV)** – *And do not seek what you should eat or what you should drink, nor have an anxious mind.*  
MEANS A WAVERING MIND  
**NOTE:** Whenever you are experiencing a wavering mind/anxious mind/doubtful mind – YOUR MIND IS NOT AT PEACE. Your mind is like a ship in a storm – tossed in too many directions. When peace arrives in the storm – there is CALM. When peace arrives in your mind, there will be CALM.

4. **Isaiah 26:3 (NKJV)** – *You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You*

**Isaiah 26:3 (ISV)** – *You will keep perfectly peaceful the one whose mind remains focused on you, because he remains in you.*

NOTE: He remains focused – not in and out.

**Isaiah 26:3 (YLT)** – *An imagination supported Thou fortifiest peace – peace! For in Thee it is confident.*

**B. Keys to a mind reset!**

- 1. Believe that God wants your mind to be healthy.**
- 2. Believe that God wants you to have a productive mind.**
- 3. Believe that it is possible to reset your mind.**
- 4. Ask the Lord for His help.**
- 5. Be willing to do the necessary work to accomplish a mind reset.**
  - a. When mind habits have been established over long periods of time, it will take more time to reestablish good mind habits.
  - b. Discipline is never easy.
  - c. There will be a great payoff for a disciplined mind.