

31-What is the Condition of Your Mind?

Have you taken an inventory of the condition of your mind? Have you fed your mind the truth of God's Word? Have you exercised regularly to build up the spiritual strength you need to face the daily spiritual battlefield of life? Do you have an eternal perspective? Serious questions deserve serious answers. Your mind and heart are targets for attack from the devil. If he can influence your heart and mind, he can take away your joy and peace. He can minimize your influence with those close to you. He can block your efforts to share the gospel. He can feed you lies. If you fail to pay attention to the condition of your mind you will fail to fulfill your Creator's design for your life!

The antidote to the devil's attack is the truth! **John 8:32** says it best "Then you will know the truth, and the truth will set you free". The truth starts with knowing Jesus. **John 14:6** tells us "Jesus answered, I am the way and the truth and the life. No one comes to the Father except through me." It starts with Jesus because when we accept Jesus we become a new creation. **Romans 12:2** tells us "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – "His good, pleasing and perfect will." Before you accept Jesus, you are part of the world. The pattern of the world is radically different than God's design for your life. His design for you is to be the light to a dark world. That beacon of light is powered by the hope that comes from the Creator. Hope such as **Jeremiah 29:11** "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future". You can only know God's plan when you know his instruction book – the Bible. Consider **Proverbs 16:20-21**, "Whoever gives heed to instruction prospers, and blessed is the one who trusts in the Lord. The wise in heart are called discerning, and gracious words promote instruction." Instruction from your Creator is the key to becoming the person you were designed to be. Your designer knows the design. **Psalms 139:13** testifies to who created you "For you created my inmost being; you knit me together in my mother's womb". Any doubts that your Creator designed you for His good pleasure?

The best way to bring your Creator good pleasure is to read and meditate on His instruction book.

These four aspects of your walk will provide a firm foundation for your spiritual growth.

- 1) Make sure you invest time in the Word as part of your daily quiet time.
- 2) Get involved with a small group that is focused on discipleship.
- 3) Develop accountability relationships with mature believers who have the gift of teaching and exhortation (1 Tim 4:13).
- 4) Sit under the instruction of a rock-solid bible-based pastor every Sunday.

Verses:

Mark 12:30 "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."

Philippians 4:6-7 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Personal Reflection:

How solid is your spiritual growth? Do you have a daily quiet time? Accountability partners? Discipleship based small group? Bible based pastor?

Group Discussion:

How can we encourage each other to feed our minds with God's Word?

How can we hold each other accountable?