

The Mind

Romans 12:2
Philippians 2:5-7
Philippians 4:6-8

A. What is the Mind?

“Mind, in the Western tradition, the complex of faculties involved in perceiving, remembering, considering, evaluating, and deciding. Mind is in some sense reflected in such occurrences as sensations, perceptions, emotions, memory, desires, various types of reasoning, motives, choices, traits of personality, and the unconscious.”
According to Britannica.com

- 1. We have 100 billion neurons in our brain.
- 2. We have something called the Reticular Activating System (RAS).
- 3. We were created to form healthy habits.

B. What is the Biblical Mind?

- 1. A center of perception.
“Furthermore, just as they did not think it worthwhile to retain the knowledge of God, so God gave them over to a depraved mind, so that they do what ought not to be done.”
Romans 1:28 (NIV)
- 2. A law that determines a course of action.
“But I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work in me.” Romans 7:23 (NIV)

- 3. A state of understanding.
“Then He opened their minds so they could understand the Scriptures.” Luke 24:45 (NIV)

C. How Do We Manage Our Minds Well?

- 1. Conform it to God’s will.
“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.” Romans 12:2 (NIV)
- 2. Conform it to Jesus’ mind.
“In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to His own advantage; rather, He made Himself nothing by taking the very nature of a servant, being made in human likeness.” Philippians 2:5-7 (NIV)
- 3. Conform it to healthy habits.
 - a. Be thinking in the moment.
“Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” Matthew 6:34 (NIV)
 - b. Engage in healthy, physical exercise.
 - c. Enjoy a good laugh, at least once a day.
 - d. Schedule downtime.
“By the seventh day God had finished the work He had been doing; so on the seventh day He rested from all His work.” Genesis 2:2 (NIV)

- e. Spend time in prayer and in the Word.
“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.” Philippians 4:6-7 (NIV)

- 4. Conform it to think on praiseworthy things.
“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”
Philippians 4:8 (NIV)

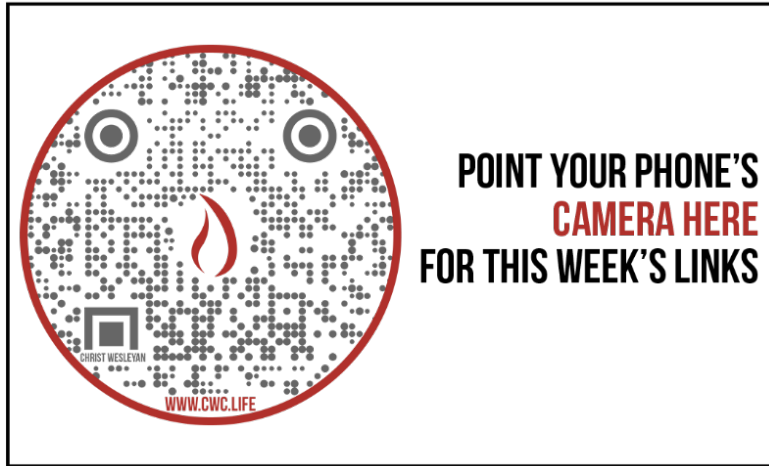
Bottom Line:
God wants a mind conformed to His will.

To begin a relationship with Jesus...
Text: IChooseJesus (all one word) to 570-273-0088

Next Sunday:

Guest Speakers:

Milton Campus: Rev. Dr. Erik Ireland
Sunbury Campus: Drew Lahr



Notetakers are History Makers

Giving & Attendance Update

Giving last Sunday: 56.6% of goal

Giving year to date: 83.9% of goal

Attendance last Sunday: 2,160

Salvations to date: 97 | Baptisms to date: 110

Upcoming Happenings:

January 21 – Women's Ministry Movie Night – 2p

January 28 – CWC Kidz Volunteer Training –12:30p

February 9 – Classics Beat Your Winter Doldrums Dinner-6p

February 11 – Child Dedications