



Sunday October 09, 2022

My Mind

Part 1: The Mind, Imagination and Mental Health

Our objective in this study is to understand what the Bible teaches us about the mind, our mental and emotional well-being (formally referred to as mental health) and develop a Biblical approach to maintaining a strong, healthy mind, maintaining good mental health and a positive mindset. We would like to a healthy mind and good mental health, the Bible way.

The Human Brain – Some Interesting Facts

An adult brain weighs about 3 pounds and is mainly made up of fat and water. Probably the fattiest organ in the human body.

The human brain isn't fully formed until age 25. Brain development begins from the back of the brain and works its way to the front. The frontal lobes, which control planning and reasoning, are the last to strengthen and structure connections.

Research suggests the human brain consists of about 100 billion neurons (nerve cells). Each neuron forms connections (synapses) to other neurons, which could add up to 1 quadrillion (1,000 trillion) connections. So, the brain's storage capacity is considered virtually unlimited.

This synchronous firing strengthens the connections between the set of neurons, putting them together in what's known as a neuronal ensemble. This means neurons that fire together, wire together.

When a neuron is stimulated, it generates an electrical impulse that travels from cell to cell, at speed that get up to 268 miles per hour.

The human brain can generate about 23 watts of power, enough to power a lightbulb.

The brain is an amazing organ and there is so much to discover and learn about how it functions.



Mind, Imagination, Memory

What is so interesting is the fact that this physical organ gives rise to something intangible - our thinking, our reasoning, imagination, memory, emotions – referred to as the mind.

This information running between neurons in our brain and the network of brain areas, wonderfully results in thinking, reasoning, memory, imagination, emotions, and so on. How the functions of the brain result in visual imagery, memory, emotions, etc. is still an area of ongoing research.

Physiologically the brain can handle huge amounts of information, and yet the human mind seems to have a limit. We feel overwhelmed when we have too much to think about.

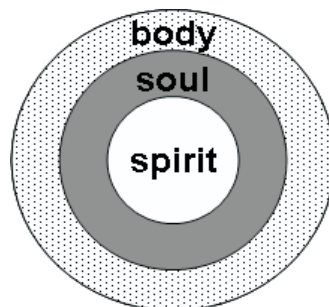
There are other effects we experience in our mind. Example: emotions. Sometimes good and positive. Sometimes down and negative. We feel confused, depressed, disturbed, anxious. We feel angry, feel stressed, feel overwhelmed, and so on. And these in turn affects how we live, how we relate to people, our work performance, etc.

Let's get into what the Bible teaches us about the mind.

The Mind in The Bible

1 Thessalonians 5:23 (NASB)

Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be kept complete, without blame at the coming of our Lord Jesus Christ.



Let's consider some things the Bible is teaching us here.



First, we learn that we are tri-part beings: spirit, soul, body.

God designed and created us in His image. God is a triune God, we are tri-part beings. Each part of us – spirit, soul and body – was uniquely designed by God to reveal His glory and to carry out His will.

The body in Greek '*soma*' is the outer person, the physical part of us that enables us to interact with the natural physical world.

The soul in Greek '*psuche*' is the mind, will, and emotions. It includes all the functions of the brain, thought, reason, intelligence, emotion, imagination, and memory.

The spirit in Greek '*pneuma*' is the eternal part of us that can connect with the spiritual realm.

In the New Testament, the word 'heart' is often used for the 'spirit'. The word 'mind' is used often to refer to the soul. We also find the term 'inner man' used in the New Testament to refer to the spirit and soul together.

In the context of this study, we must emphasize that the soul, expressed through the mind, will and emotions was designed and created by God to reveal His glory and do His will. Inherently, the soul, is not a 'bad thing'. It all depends on how we train and use the soul, the mind, will and emotions. All faculties of the mind – thinking, reasoning, logic, imagination, memory – were designed by God and given to us to be used for His glory and to do His will. As believers we must develop and maximize the use of our mind, our thinking, reasoning, logic, imagination, and memory, and use it to glorify God and serve His purposes.

Second, as expressed through the apostle Paul in this verse, we learn that God desires to sanctify us entirely, spirit, soul, and body. The word 'sanctify' is to make holy, consecrate, dedicate, keep holy for God's use. You can imagine it as washing off all the dirt and making a vessel clean and keeping it aside for special use. So, God desires for every part of our being spirit, soul, and body to be consecrated.

Third, we learn that God desires to be kept complete in spirit, soul, and body. The word 'kept' means to guard, to protect, to shield, to preserve, and to maintain. The word 'complete' means to be sound, to be whole, as we would describe it 'in good health'. God desires to work in us so that we can protect every part of us and keep them sound and whole.



And He would work in us in this manner so that we can be faultless and blameless when we meet the Lord Jesus Christ.

Since we are specifically interested with the soul or the mind, let's highlight this. **God desires to work in us so that our soul, our mind can be made HOLY and kept WHOLE.** So, consider this: God desires to work in us so that our thinking, reasoning, intelligence, emotions, imaginations, and memory can be made holy and kept whole (sound, in good health).

Let's affirm this: The God of peace, Himself, desires to work in me so that my thinking, reasoning, intelligence, emotions, imaginations, and memory can be made holy and kept whole, sound, and in good health.

The Importance of The Mind and Imagination

Consider some points of importance of the mind and imagination. We could definitely add to this list:

- ✓ **Our thoughts determine our actions.** Actions develop into behavior. Behavior forms our lifestyle.
- ✓ **Our thoughts affect our emotions.** Our emotions affect our spiritual, mental, and physical states.
- ✓ **Our imaginations can either energize or impair us.** The imagination is so powerful. With it we can envision something and then work towards making it happen. With the imagination we can envision a future and then journey into it.
- ✓ **Our mental faculties (the ability to learn, understand, concentrate, imagine, remember, and reason) are important for all activities of life.** Example: as a student, or as a working professional, or as a homemaker, etc.
- ✓ **What is in our spirits is normally released through our souls and bodies.** We are new creation in our spirits. This must be expressed through our mind and through our body.
- ✓ **God uses our mental faculties in His process of communication with us**—thoughts, ideas, pictures, visions, and dreams.

Problems In the Mind

Many of us face challenges and struggles in the mind. Some may have uncontrolled tempers, inability to concentrate, filled with negative thoughts, are unable to overcome certain sins, struggle with addictions and bondages, etc. Many believers also suffer from other problems that are primarily connected with the mind:



- ✓ Fear (of people, situations, non-existent things, etc.),
- ✓ Anxiety (sometimes recurring anxiety attacks)
- ✓ Lack of concentration (wandering mind),
- ✓ Confusions (doublemindedness, irresolute),
- ✓ Poor self-image (low self-esteem),
- ✓ Denial, Deceptions and Reasoning,
- ✓ Strongholds of lustful thoughts, (other strongholds: spending money, suicidal, self-harm, etc.)
- ✓ Diseases of the mind (depression, etc).

ACTION POINT

Write down the three biggest problems you face with your mind.

Three Conditions of The Mind

In the New Testament we see three different conditions or states of the mind. The mind could be what we refer to as the natural mind, or a carnal mind or a renewed (spiritual) mind.

Let's explain these from Scripture.

Natural Mind

1 Corinthians 2:14

But the natural man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know them, because they are spiritually discerned.

The natural man (or person) lives by his natural mind. This is where he the mind is limited to the natural world – what we can recognize through our five senses. The natural man lives according to his natural human understanding.

The natural mind is not inherently bad or evil. The natural mind was given to us by God to live in this natural world, explore, enjoy, and harness the wonderful things God has placed in His Creation. All of us, regardless of how spiritual we are, need our natural mind to live in this world. We need to develop and train our natural mind and its God-given faculties.

However, the natural mind has its limitations. The natural man (person) living by his natural mind does not allow the things of the Spirit into his heart because he considers



them foolish. He cannot relate to them. The natural man living with the natural mind is not able to know (perceive, understand) the things of the Spirit, because they must be spiritually discerned, that is, they must be understood with the help of the Holy Spirit. So essentially the natural man limits himself to his five senses. The spiritual realm is not part of his paradigm.

Carnal Mind

Romans 8:5–7

5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit.

6 For to be carnally minded is death, but to be spiritually minded is life and peace.

7 Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be.

Here we read about the carnal mind. The carnal mind is a mind that is set on or focused on the 'flesh'. The word 'flesh' (Gr. *sarx*) refers to the natural appetites, passions, and desires of the body.

In contrast to the carnal mind or being carnally minded, is the spiritual mind, or being spiritually minded.

The carnal mind is interested, entertains oneself with, savors, and thinks on the things of the flesh. In contrast the spiritual mind is interested, entertains oneself with, savors, and thinks on the things of the Spirit.

The carnal mind brings death. The spiritual mind brings life and peace.

The carnal mind is enmity against God, is not subject to the law of God and cannot please God. In contrast we can state that the spiritual mind is aligned with God, is submitted to God and pleases God.

Let's look at one more passage that highlights the behavior expressed by the carnal mind.

1 Corinthians 3:1–3

1 And I, brethren, could not speak to you as to spiritual people but as to carnal, as to babes in Christ.

2 I fed you with milk and not with solid food; for until now you were not able to receive it, and even now you are still not able;

3 for you are still carnal. For where there are envy, strife, and divisions among you, are you not carnal and behaving like mere men?



This passage makes it clear that believers can have a carnal mind.

- ✓ The carnal mind is characteristic of spiritual “babes in Christ.”
- ✓ The carnal mind is unable to receive the solid meat of the Word of God.
- ✓ The carnal mind leads us into strife, envy, competition, and divisions (cliques).
- ✓ The carnal mind causes us to live as “mere men” instead of being the people whom God has called us to be.

Renewed Mind (Spiritual Mind)

Romans 12:2

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

We already have observed what the Scriptures state about the spiritual mind, in Romans 8:5-7. Later in the same epistle to the Romans, the apostle Paul refers to the renewing of the mind, in order to live as transformed people who live above carnal desires. Hence, we state that the spiritual mind referred to in Romans 8, is the renewed mind referred to in Romans 12.

The terms “renewed mind” and “spiritual mind” can be used interchangeably and refers to a mind that is set on the things of the Spirit.

We learn in Romans 12:2 that as we renew our minds, our lives are transformed. We experience a metamorphosis, or a supernatural transformation of our own lives as our minds are renewed. A renewed mind results in a transformed supernatural life.

We will study the renewing of our mind and living with a renewed mind in depth in a later chapter.

A believer can be operating with a natural mind, a carnal mind, or a renewed mind. To help us contrast these, let us consider a hypothetical scenario and how a believer operating with a natural mind, a carnal mind and a renewed mind would respond: Imagine a believer who is a sales professional. He has sales targets to meet periodically and demonstrate his performance. Using his **natural mind**, he plans out his strategy, works on his leads, does his sales calls, presentations, and all that he needs to do as part of his work. He knows the goals set for him which he must meet and how much time he has and works towards that. Now imagine he is approaching the due date, the end of one sales period, by which he must meet certain targets and he is way behind. If he gives in to a **carnal mind**, the perhaps out of desperation, begins to engage in unscrupulous means, perhaps bribing prospective customers, or falsifying information, or other illegal and unethical means, to meet his targets. He is still a believer, but in this situation, he is operating out



of a carnal mind. Now imagine if this same person, in the same situation, instead of doing unscrupulous things out of a carnal mind, chooses to step into a **renewed mind (spiritual mind)**. What would he do? He would continue to do all that he knows he has to do with the natural mind, and then He would tune into the ways and thoughts of God. The renewed mind or spiritual mind tunes in to the things of the Spirit. He would look to God's Word and exercise faith in God's Word. He would speak faith over the works of his hands. He would declare that all the works of his hands are blessed. He would declare that he is like a tree planted by the rivers and God makes all he does to prosper. He would declare that God surrounds him with favor and gives him great favor before his customers. He would call in the required sales so that he meets his targets. He would also pray in the Spirit and ask the Holy Spirit for wisdom and guidance. He would ask the Holy Spirit for idea and strategies on how to meet his sales targets and exceed them. He would listen to the Holy Spirit who would communicate to him out of his spirit and into his mind, thoughts, ideas, visions (through his imagination) on how to go about his work. The Holy Spirit may give him specific ideas about specific customers, etc. Thus, combining the work of his natural mind and his renewed mind (spiritual mind), this believer would successfully handle meeting his sales goals.

All of us as believers must learn how to operate with the natural mind and the renewed mind (or spiritual mind). We need the natural mind to go about our normal day-to-day life. Yet we must not limit ourselves to the natural mind. Our natural mind has been renewed and can transition into the spiritual mind, where we are aligned to the thoughts and ways of God.

The Believer's Challenge

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

When we were born again, only our spirits were born anew, recreated in the image of God, and filled with the life and nature of God. Our minds and bodies were not **born again**. God did not change the **soul** or the **body**.

If what is in the spirit, must be seen on the outside, then:

- The **soul** (mind, will, and emotions) needs to be **renewed**.
- The **body** (flesh) needs to be **crucified**.

God has placed on us the responsibility of renewing the mind and crucifying the flesh, through the **Word** and by the **Holy Spirit**.



In this study, we will focus on the **mind**—what needs to be done and how to do it.

Mental Health and Well-Being

Mental health has to do with how you are doing in your soul - your mind, will and emotions. It has to do with your emotional and psychological well-being.

Having good mental health, being sound, well and whole in your soul is important because it affects how we feel, think, and behave. It affects how we go about life, how we relate to others, how we face challenges and handle difficult situations and how we do in things we are responsible for - education, work, etc.

When we are doing well mentally, we can enjoy life, enjoy meaningful relationships, enjoy work, overcome life's challenges, be productive, keep growing towards our full potential and make meaningful contributions to those around us.

The fact is that all of us face challenges at one point or another, with our mental health, our emotional and psychological well-being. There is nothing wrong in recognizing the difficulties you are facing, to get help, and address those mental health challenges in a positive way.

This sermon series is to show us a Biblical approach towards training and developing our soul, so that we can maintain good mental health, live with soundness, wellness, and wholeness in our mind, with a good, healthy positive mindset.

We will end this chapter with the verse we saw at the start, to re-assure us that God can bring us to a place of holiness and wholeness.

1 Thessalonians 5:23 (NASB)

Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be kept complete, without blame at the coming of our Lord Jesus Christ.

Based on this Scripture (and we will look at other Scriptures later) we said, that **God desires to work in us so that our soul, our mind can be made HOLY and kept WHOLE.** God desires to work in us so that our thinking, reasoning, intelligence, emotions, imaginations, and memory can be made holy and kept whole (sound, in good health).

Let's affirm this once again: **The God of peace, Himself, desires to work in me so that my thinking, reasoning, intelligence, emotions, imaginations, and memory can be made holy and kept whole, sound, and in good health.**



Reference:

<https://www.nm.org/healthbeat/healthy-tips/11-fun-facts-about-your-brain>

(Accessed October 2022)

SALVATION CALL (BY YOUR FREE CHOICE AND FREE WILL)

If you ask, does God love me? We can tell you what the Bible says: John 3:16, Romans 5:8

If you ask, how can I have my sins forgiven? We can tell you what the Bible says: Acts 10:43; 1 John 2:2,12

If you ask, what is the way to God? We can tell you what the Bible says: John 14:6

If you ask, how can I become a child of God? We can tell you what the Bible says: John 1:12

If you ask, where can I find salvation? We can tell you what the Bible says: Acts 4:12

If you ask, what must I do to experience salvation? We can tell you what the Bible says: Acts 16:30-31

As an act of your own free choice, we invite you to make this decision to follow Jesus.

SUPERNATURAL MINISTRY TIME

Minister as the Spirit leads



LIFE GROUP STUDY GUIDE

Sunday October 09, 2022

My Mind

Part 1: The Mind, Imagination and Mental Health

This is a simple guide for use in Life Group discussions. Our objective is to focus on the application of the Sunday sermon - how each one is becoming a doer of the Word and building their life on God's Holy Word. The Life Group meeting would normally last for 2 hours. Each Life Group would have up to 12-15 people.

Preparation

To prepare for the Life Group meeting, you can listen to the Sermon Key Points (sermon summary in five minutes) or the full-length Sunday sermon. You can also review the Sunday Sermon notes. All these are available in the "All Peoples Church Bangalore" mobile App or online at our [sermons page](#) . Pray for the Life Group meeting and invite the work and ministry of the Holy Spirit.

Welcome

The Life Group meeting may commence with a time of prayer, worship, and a fun activity.

LISTEN to God's Word

Read the following Scripture references: *1 Thessalonians 5:23; 1 Corinthians 2:14; Romans 8:5-7; 1 Corinthians 3:1-3; Romans 12:2*

INVESTIGATE God's Word Together

Please discuss a few of these together, giving time for people to share their insights. We encourage each one individually to make notes of their personal learning during the Group discussion.

1, What insights can we draw from 1 Thessalonians 5:23 with regard to the soul?

2, Outline the distinctions between the natural mind, the carnal mind and the renewed (or spiritual) mind. What are the dangers if a believer lives with a carnal mind?



3, Discuss the challenges a believer faces in using the natural mind, and stepping into the renewed (spiritual) mind.

If time permits, each one can take a few (3 minutes max) to share one or two key learning and how they see themselves applying it into their specific life situations. Encourage each one to participate and share.

FELLOWSHIP by sharing your life and spiritual journey

Each one takes a few (3 minutes max) to share anything from their walk with God, something God has been teaching them, a testimony of answered prayer or a specific challenge that they would like prayer for. Encourage each one to participate and share.

ENCOURAGE each other by praying and ministering to one another

Get into small groups of two or three and take turns to thank God and pray for each other in the light of what was learnt today. Listen to the Holy Spirit. Expect the gifts of the Holy Spirit to flow bringing healing, releasing miracles, prophecy, etc.

Regroup and pray together for:

1, families to be protected and strengthened

2, a mighty outpouring of God's Holy Spirit on us as a church and through us to bless many others in our city and nation. Nothing but a mighty work of God's Spirit can change our city and nation.

3, for the BUILD TO IMPACT project - for God's hand to guide us through the land search and acquisition process, and for finances to be more than enough to get this project done.

Close by thanking God together.



USEFUL RESOURCES



Watch our online Sunday Church service live stream every Sunday at 10:30am (Indian Time, GMT+5:30). Spirit filled, anointed worship, Word and ministry for healing, miracles, and deliverance.

YOUTUBE: <https://youtube.com/allpeopleschurchbangalore>

WEBSITE: <https://apcwo.org/live>

Our other websites and free resources:

CHURCH: <https://apcwo.org>

FREE SERMONS: <https://apcwo.org/resources/sermons>

FREE BOOKS: <https://apcwo.org/books/english>

DAILY DEVOTIONALS: <https://apcwo.org/resources/daily-devotional>

JESUS CHRIST: <https://examiningjesus.com>

BIBLE COLLEGE: <https://apcbiblecollege.org>

E-LEARNING: <https://apcbiblecollege.org/elearn>

WEEKEND SCHOOLS: <https://apcwo.org/ministries/weekend-schools>

COUNSELING: <https://chrysalislife.org>

MUSIC: <https://apcmusic.org>

MINISTERS FELLOWSHIP: <https://pamfi.org>

CHURCH APP: <https://apcwo.org/app>

CHURCHES: <https://apcwo.org/ministries/churches>

WORLD MISSIONS: <https://apcworldmissions.org>

SERMON OUTLINE

Mental health has to do with how you are doing in your soul - your mind, will and emotions. It has to do with your emotional and psychological well-being. Having good mental health, being sound, well and whole in your soul is important because it affects how we feel, think, and behave. It affects how we go about life, how we relate to others, how we face challenges and handle difficult situations and how we do in things we are responsible for - education, work, etc. When we are doing well mentally, we can enjoy life, enjoy meaningful relationships, enjoy work, overcome life's challenges, be productive, keep growing towards our full potential and make meaningful contributions to those around us. The fact is that all of us face challenges at one point or another, with our mental health, our emotional and psychological well-being. There is nothing wrong in recognizing the difficulties you are facing, to get help, and address those mental health challenges in a positive way.

In this sermon series we discover a Biblical approach towards training and developing our soul, so that we can maintain good mental health, live with soundness, wellness, and wholeness in our mind, with a good, healthy positive mindset. In part 1, we discuss "The Mind, Imagination and Mental Health." In part 2, we address the topics of



"Concentration, Distractions, Wandering". In part 3, we try to understand how "Temptations, Addictions, Deceptions" work and how to overcome these. In part 4, we learn about "Controlling Your Thoughts, Training Your Thinking" so we can use our faculties effectively. In part 5, we discover the important discipline of "Renewing Your Mind and Renewed Thinking", that transforms our way of life. In part 6, we learn the Biblical way to "Overcoming Negative Thoughts", an important area for all of us. In part 7: we understand the importance of "Maintaining a Positive Mindset".

KEYWORDS

mind, mental health, mood, positive mindset, peace of mind, mental fitness, mental well-being, emotional well-being, controlling my thoughts, training my mind, renewed mind, renewing my mind, spiritual mind, Bible and mental health, Biblical mental health, negative thoughts, emotional disorders, mental illness, concentration, distraction, temptations, addictions, negative thoughts, sermon, sermons, sermon notes, sermon outline, free sermon notes, free sermon outlines, Bible study resources

REFERENCES/CITATIONS

Unless otherwise indicated, all Scripture quotations are taken from the New American Standard Bible 2020, (NASB) Copyright © by The Lockman Foundation. All rights reserved.

Biblical definitions, Hebrew and Greek words and their meanings are drawn from the following resources:

Thayer's Greek Definitions. Published in 1886, 1889; public domain.

Strong's Hebrew and Greek Dictionaries, Strong's Exhaustive Concordance by James Strong, S.T.D., LL.D. Published in 1890; public domain.

Vine's Complete Expository Dictionary of Old and New Testament Words, © 1984, 1996, Thomas Nelson, Inc., Nashville, TN

Mounce Concise Greek-English Dictionary. Edited by William D. Mounce with Rick D. Bennett, Jr. (1993)

Word Pictures in the New Testament. Archibald Thomas Robertson. Published in 1930-1933; public domain.

Word Studies in the New Testament. Marvin R. Vincent, D.D. (1886)