



**Sunday October 16, 2022**  
**My Mind**  
**Part 2: Concentration, Distractions, Wandering**

Review:

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"**.

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.

**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.**

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.

TODAY:

**AS YOUR SOUL PROSPERS**

**3 John 2 (NASB)**

**Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.**



The word 'prosper' in Greek 'euodoo' means to have a prosperous journey, to succeed in reaching, cause to prosper or be successful, used figuratively to succeed in business.

The well-being of our soul connects with other areas of our lives, our health and general well-being.

God can work in us so that our soul can prosper.

God restores our soul (Psalm 23:3).

### **THE WORD OF GOD RESTORES OUR SOUL**

One of the ways God works to restore our soul is through His Word.

#### **Psalm 19:7 (NASB)**

**The Law of the LORD is perfect, restoring the soul; The testimony of the LORD is sure, making wise the simple.**

### **THE SPIRIT OF GOD EMPOWERS US WITH A SOUND MIND**

#### **2 Timothy 1:7**

**For God has not given us a spirit of fear, but of power and of love and of a sound mind.**

The Holy Spirit, who is God in us, fills us with boldness (as opposed to fear or timidity), power, love, and sound mind (discipline, self-control).

God the Holy Spirit empowers us with soundness of mind, or self-control or discipline. We can take this to include discipline in our mind, self-control in our thought, and soundness of mind.

We like to present it this way, that a sound mind (a disciplined, self-controlled mind) has a sound understanding, a sound concentration and a sound memory.

Let's affirm this: *'The Holy Spirit empowers me with a sound, disciplined and self-controlled mind that has a sound understanding, a sound concentration and a sound memory.'*

In this chapter we address one problem area many of us face in our soul (mind) and we learn how to address this from a Biblical perspective and in practical ways.



## PROBLEMS OF A DISTRACTED AND WANDERING MIND

Concentration is the ability to focus our attention on something without being affected by internal and external stimulus and being able to keep doing it for a while without distraction. Concentration problems are often referred to as attention deficit.

We recognize that we live in a highly distracted world. Advances in technology have produced useful devices, but these devices and conveniences (social media, email, phone, internet, etc.) sometimes become big distractions.

Sometimes our mind just tends to wander, referred to as ambient neural activity. Our brain seems to be reprocessing, reconnecting, reconfiguring random things.

Some of these statements may sound familiar to us:

*"After I've read two or three pages, I find my mind wandering on other things, and don't remember what I've been reading."*

*"I sit down to pray, and my mind fills up with things I need to do for home, kids and work."*

*"My mind wanders when I am listening to presentations or attending lectures and I often miss what is being said."*

*"My eyes and ears are directed toward pastor's preaching, but my thoughts are busy planning out how I am going to spend the rest of the day."*

*"I tend to spend my time and energy on the small stuff instead of paying attention to more important things that are critical."*

All of us understand the importance of concentration. Concentration is crucial for a student doing their studies, for performance at work, in engaging in meaningful conversations, in enjoying fun activities, and more.

Concentration problems can result in **hours being wasted** in any given day.

Lack of concentration causes us to be **inefficient at work**, where we take longer hours for tasks that don't need that much time.



Lack of concentration makes it **difficult to think through problems** to arrive at solutions, because we are unable to focus and hold information together for extended time.

Poor concentration makes us **unable to handle complicated tasks**.

We end up making **careless mistakes, resulting in poor quality of work** because of a lack of concentration.

We recognize that in some cases concentration difficulties can be due to underlying health conditions. We believe God is able to heal us of these problems as well, while we get the help we need and do practical things that we can.

## **THINGS THAT TROUBLE OUR SOUL**

### **1 Peter 2:11 (NASB)**

**Beloved, I urge you as foreigners and strangers to abstain from fleshly lusts, which wage war against the soul.**

Fleshly lusts war against the soul, or trouble, disturb and cause distress to our mind, will and emotions. Fleshly lusts like pornography, unclean lustful fantasies, etc. are things that trouble the soul. Then there are substances that also weaken our mind, will and disturb our emotions.

We will address this again in a later chapter.

We must also be aware of distressing spirits (1 Samuel 16:14-16,23) and other kinds of evil spirits that cause other kinds of disturbances in the mind.

## **ENGAGING WITH THE WORD OF GOD AND THE SPIRIT OF GOD TO DEVELOP CONCENTRATION**

**Let's address this problem of lack of concentration (a wandering mind) from God's Word and then also learn some common practical ways to help strengthen our concentration.**

We observed from Psalm 19:7 and 2 Timothy 1:7 that God works in us by His Word and His Spirit to help us with our mind. Let's explore this further and learn how to engage



with the Word of God and the Spirit of God to develop and strengthen our mind, specifically in concentration.

## **MEDITATION IN GOD'S WORD**

One important discipline that is taught for us in Scripture is meditation. In our APC Book "God's Word—The Miracle Seed of God" we present a thorough study on meditation in God's Word. We encourage you to look through that. We present a brief summary here.

### **Psalm 1:1-3 (NASB)**

**1 Blessed is the person who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers!**

**2 But his delight is in the Law of the LORD, And on His Law he meditates day and night.**

**3 He will be like a tree planted by streams of water, Which yields its fruit in its season, And its leaf does not wither; And in whatever he does, he prospers.**

God taught His people to meditate in His Word. We need to go beyond just the casual reading of God's Word. We must learn to meditate in God's Word.

When we study the Hebrew words for meditation and also understand how ancient Israel practiced meditation in God's Word, we can outline the process of meditation as involving three steps:

**CONTEMPLATION – to ponder or think deeply on the Word.**

**VISUALISATION – to see or imagine the Word with pictures on the canvas of your imagination.**

**CONFESSION – to speak or say in agreement with the Word.**

You can picture a (Jewish) person wearing a prayer shawl over their head, cutting out all distractions, hold a prayer book with Scripture in front of them, swaying back and forth, reciting the Scripture text, as they prayed and meditated.

One other Scripture that help bring out this process of meditation for us:

### **Proverbs 4:20-22 (NASB)**

**20 My son, pay attention to my words; Incline your ear to my sayings.**

**21 They are not to escape from your sight; Keep them in the midst of your heart.**

**22 For they are life to those who find them, And healing to all their body.**



We can outline BIBLICAL MEDITATION as:

**ATTENTION** “pay attention to my words”. Attention has to do with focus on the Word of God.

**INCLINATION** “incline your ear to my sayings”. We eliminate distractions and disturbances physically and mentally and lean over to hear God’s Word.

**VISUALISATION** “they are not to escape from your sight”. We see or imagine what the Word is describing with our mind’s eye, the imagination.

**ASSIMILATION** “keep them in the midst of your heart”. We absorb, take in, imbibe, and make part of ourselves, the truth, and insights we are discovering. When we have assimilated His Word then wherever we are, any time of the day or night—His Word can be part of our thinking. His Word will lead us, protect us, and talk to us (Proverbs 6:20-24). By His Word we are protected from the destroyer (Psalm 17:4)

And to this we add

**CONFESSION** (based on Joshua 1:8 and other Scriptures). We speak what the Word of God says.

ACTION POINT

Example: Let’s practice meditation in Psalm 1:1-3

**Psalm 1:1-3 (NASB)**

**1 Blessed is the person who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers!**

**2 But his delight is in the Law of the LORD, And on His Law he meditates day and night.**

**3 He will be like a tree planted by streams of water, Which yields its fruit in its season, And its leaf does not wither; And in whatever he does, he prospers.**

As believers we must practice meditation in God’s Word. As you read the Word practice meditating in short portions of Scripture text. Write down insights you gain, as you meditate.

**Meditation in God’s Word brings both spiritual benefit and natural benefit.** As we meditate in God’s Word, the Word becomes part of our inner being. The Word of God transforms us spiritually.



Meditation in God's Word also has benefits on our mind. It renews our mind, changing our thinking. Additionally, the process of meditation (Attention, Inclination, Visualisation, Assimilation, Confession) improves our concentration, attention, focus, memory, and other cognitive abilities. We are essentially training our thinking. Train your brain, by meditating in God's Word at least 15 minutes a day.

For some of us, we may have some initial problems when we begin to meditate in God's Word. You may feel your attention wandering away from Scripture. Pay attention to your attention. When you feel your mind is wandering, recover focus and bring in back to what you have to focus on.

### **SPEAK THE WORD TO AND OVER YOUR SOUL**

**Psalm 42:11 (NASB)**

**Why are you in despair, my soul? And why are you restless within me? Wait for God, for I will again praise Him For the help of His presence, my God.**

**Psalm 54:4 (NASB)**

**Behold, God is my helper; The Lord is the sustainer of my soul.**

**Psalm 103:1-2 (NASB) A Psalm of David.**

**1 Bless the LORD, my soul, And all that is within me, bless His holy name.**

**2 Bless the LORD, my soul, And do not forget any of His benefits;**

God works in our soul through the power of His Word. As we speak His Word to and over our own soul (mind, will, emotions, thinking, intelligence, reasoning, imagination, creativity, etc.) God's Word will effect change in our soul.

**This is where Confession (speaking) of the Word helps.**

**Sometimes I speak out against distracting thoughts and imaginations. I'd say things like: "I reject every distracting thought and imagination. I choose to focus. I declare God has given me a sound mind, a sound memory, a sound concentration and a sound understanding."**

### **THE SPIRIT OF GOD**

The Holy Spirit also helps us with our mind.

The Holy Spirit is the Spirit of wisdom and understanding (Isaiah 11:2). As we learnt earlier from 2 Timothy 1:7, the Spirit of God empowers us with a sound, disciplined and



self-controlled mind with a sound understanding, sound concentration and sound memory.

### **APPLYING CONCENTRATION WHILE PRAYING IN TONGUES**

When we pray in tongues, our spirit prays mysteries. Our mind is free. This is also a great opportunity to practice meditation. While praying in tongues, engage your mind in meditation on God's Word or on what the Holy Spirit is leading you into. Practice the same five steps: Attention, Inclination, Visualisation, Assimilation, and Confession (interspersed with your praying in tongues)

Visions and dreams are the language of the Holy Spirit. So visualization when praying in tongues is powerful. He speaks and reveals mysteries to you. You present your faith to Him.

### **DEEP WORK AND HEALTHY HABITS FOR THE MIND**

There are practical things we can do to help us improve concentration, and avoid a wandering, distracted mind.

**Sleep well.** Sleep deprivation can easily disrupt concentration, not to mention other cognitive functions, such as memory and attention.

**Tune out distractions.** Distractions lead to more mistakes, forgetfulness, and loss of useful insights. Turn off email, phone, etc. Keep your workspace clutter free.

**Avoid multitasking.** Our brain is designed to work on one thing at a time. When we multitask, we are switching between tasks and not really working on them in parallel.

**Take a break.** Go for a walk or do some stretches.

**Timeboxing.** Allocate a certain amount of focused time on a particular task. Shift to a new task and come back to the present one later.

**Avoid information overload.** Too much information in general can be an overload and undermine our efficiency and dulls our focus.





**Clear your head.** Sometimes the best way to get it out of your head is to just get it done. Whatever is taking up mental space — stop thinking and start doing. Another way to get it out of your head is to just write it down. Whatever is taking up mental space — put it down in writing.

**Exercise.** An active lifestyle helps keep our brain healthy.

**Eat healthy.** A good healthy diet also determines our brain health.

**Music.** The right kind to help you concentrate.

### **REVIEW**

THE WORD OF GOD RESTORES OUR SOUL (Psalm 19:7)

THE SPIRIT OF GOD EMPOWERS US WITH A SOUND MIND (2 Timothy 1:7)

PRACTICE MEDITATION IN GOD'S WORD

PRACTICE MEDITATION WHILE PRAYING IN TONGUES

### **NEXT SUNDAY**

In part 3, we try to understand how "**Temptations, Addictions, Deceptions**" work and how to overcome these.

### **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 16, 2022**  
**My Mind**  
**Part 2: Concentration, Distractions, Wandering**

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: *3 John 1:2, Psalm 19:7, 2 Timothy 1:7, Proverbs 4:20-22*

**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, God affects our soul (mind) by His Word (Psalm 19:7) and by His Spirit (2 Timothy 1:7). This includes the realm of our concentration.*

*A, Outline and discuss the 5 steps in meditation in God's Word based on Joshua 1:8 and Proverbs 4:20-22 (Attention, Inclination, Visualisation, Assimilation, Confession). Develop*



*some practical ways to do this, say for 15 minutes a day. Example: meditate on a theme each day.*

*B, Discuss how meditation in God's Word can help our ability to focus and concentrate.*

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

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