

The Spirit of Your Mind

Wednesday, December 16, 2020

Mike Miller

Straight Paths Bible Church

Ephesians 4:17-27 This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind, Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart: Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness. But ye have not so learned Christ; If so be that ye have heard him, and have been taught by him, as the truth is in Jesus: That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; **And be renewed in the spirit of your mind;** And that ye put on the new man, which after God is created in righteousness and true holiness. Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another. Be ye angry, and sin not: let not the sun go down upon your wrath: Neither give place to the devil.

1 Peter 1:13 Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;

Colossians 1:21 And you, that were sometime alienated and enemies in your mind by wicked works, yet now hath he reconciled

- I. The mind is a fascinating thing.
 - A. We are always thinking – I suppose some more than others.
 - B. We are always considering and pondering something in our minds.
 - C. It is a part of us that exists because we were made in the image and likeness of God.
 - 1. Animals do not think like we do.
 - 2. What thinking animals do is strictly earthly because their spirit is of the earth.

Ecclesiastes 3:21 Who knoweth the spirit of man that goeth upward, and the spirit of the beast that goeth downward to the earth?

- D. We spend a lot of time thinking about other people and their motives, their secrets, their faults, their sins.
 - E. We spend a lot of time thinking about ourselves, and pining over the neglect and mistreatment we receive from others, which is mostly imagined.
 - F. We spend a lot of time thinking about how great and good we are and how people just don't know it.
 - G. And we spend most of our time worrying about things that we can do nothing about.
- II. We have established that the mind is the spiritual battleground where we come under attack by the evil spiritual powers, and it is also the mind where the Holy Spirit of God deals with us through his Word.
 - A. It is in the mind that we must learn to discern whether the spirit that is speaking to us is of God or not.
 - B. It is in the mind that we must both resist the devil and submit to God.
 - C. What happens in the mind determines what happens with our life here and our eternity hereafter.

- D. By nature, we all develop a carnal mind before we are born again, and this mind must be renewed in spirit, the vital principle of our mind must be changed.

III. We must gird up the lions of our mind.

- A. Our mind is one of our members, and it is to be under control – not free-wheeling.
- B. We can do a great deal to control how we think and what we think about.
- C. It is when we stop guarding the gate and let it run loose that we find ourselves in trouble.
- D. To guard our spirit is to guard our mind.
- E. This is not psychiatry or anything carnal or humanistic at all, but the Bible is full of admonitions about our mind and what we think about and how we think.
- F. Spiritual warfare, and our spiritual welfare depend entirely on how well we manage our thoughts.
- G. God does not do this for us – it is our responsibility.
- H. All sin begins in the mind.
- I. All bad attitudes begin in the mind.
- J. All bad moods begin in the mind.
- K. All evil thinking begins in the mind.
- L. All stubborn opinions begin in the mind.
- M. All these things must be corrected in the mind.
- N. The way we reason is habitual; we form habits in the ways we think, and these habits can be good or bad.

IV. There are outside factors that influence the thoughts of your mind.

- A. First, we think and reason the way we are trained by those who have the most influence on us.
- B. Parents, as a rule, spend very little time and give very little thought to training their children how to think and reason.
 - 1. They simply expose them to everything in the world and then marvel at their personality as it develops; sassy, smart, mean, etc.
 - 2. They teach them with their bad example with their bad moods, by being angry and shouting, and fighting with the spouse, and bad-mouthing other people.
 - 3. They show them pride instead of humility and hatred instead of love for others.
 - 4. They blame and accuse and speak evil and have a negative, depressing view of the world around them.
 - 5. They teach the children how to respond to frustration and problems by the way they respond in front of them to such things.
 - 6. The kids listen to all this and learn how to think.
- C. Then when the children start manifesting bad behavior they are spanked and punished and yelled at for doing exactly what they have been taught to do.
- D. Everything we do, whether it is good or bad, is a result of what we have been thinking about first in our mind.
- E. So we deal with our moral issues just like doctors deal with health problems – we treat the symptoms and not the source of the problem.
 - 1. We do nothing to change or control what is going on in the mind; we simply punish bad behavior and wonder what why it will not stop.

- V. What goes on in the mind is in the spiritual realm and so we must deal with it in the spiritual realm.
- A. Our “spirit” will reveal what kinds of thoughts we have been thinking.
 - B. Our mood depends completely upon what we have been thinking about.
 - C. Our attitude depends upon what has been going on in our mind.
 - D. Our “spirit” will reveal to everyone around us whether we are being defeated in our mind by evil, or whether we are resisting and winning the victory in our spiritual battle.
 - E. You can depend upon it as a fact that if a person, child or adult, is downcast, depressed, melancholy, angry for no apparent reason, frustrated for no apparent reason, critical of others, speaking evil of others, apathetic about the things of God, despairing and without hope, or just plain contrary and mean, he is being defeated in his mind by evil spiritual powers.
 - F. We can help ourselves and others in this matter by controlling the atmosphere and surroundings and keeping out anything that facilitates the spirits of evil to freely operate.
 - 1. What children watch on TV, the toys they play with, the people they are around, the music they listen to, will be the greatest factor in the way their mind works and thinks.
 - 2. Foolish are the people who mock and make light of the warnings against the evil of these things and go ahead and expose those young pure minds to evil spirits to teach them how to think and reason.
 - G. Our mind is stimulated, and trained to think by all the things we are exposed to.
 - 1. Such as music, noise, imagery.
 - 2. Entertainment, reading, and pastimes.
 - 3. Examples of other people.
 - 4. A smile changes the way people think, and that includes children.
 - 5. A calm smiling mother will have calm smiling children, and a smiling husband, and a happy home.
 - H. We have to control what we think about on purpose and it will become the habit of our mind eventually.

Philippians 4:8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

- 1. If we think on these things our conversation will be about those things.
- 2. If we know a person who habitually speaks of these things, we know a person who has victory in their spiritual life.
- 3. They change the atmosphere wherever they are.
- 4. If we allow our minds to focus on and think about negative, troubling things we are quickly under the control of evil, and therefore troubled, and it shows itself in bad moods, bad attitudes, blaming, accusing, contempt, and bitterness.

Philippians 4:6-7 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Isaiah 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.