

## **A Sound Mind Part 2**

### **Pastor Jordan | July 30, 2023**

**Welcome again to Rock of Grace.** We're leading people to follow Jesus together and we're so glad you're with us today. We really are a church family! So if you are somewhat new here, PLEASE check out our small Groups that meet to discuss God's Word and there's a few new ones this fall so I just want to reiterate that the best way to grow as a Jesus follower is to "get on a team and join a group" Get on a serve team, you'll connect with others and find joy in serving, in giving back. And find a life group. Yes Discipleship classes will begin this Sept on wed nights BUT Groups are the best way to truly connect and build friendships where you'll sharpen each other.

Last week, I only have 2/3 through my sermon and I did NOT want to leave the rest as I so often do. TODAY you're getting part 2.

Let's Pray

Our Key Verse is

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

**7 for God gave us a spirit not of fear but of power and love and self-control.**  
**"God has not given us a spirit fear but of power and love and a sound mind."**

**Our secondary key verse was**

**Prov 23:7 "As a man thinks in his heart, so is he."**

**BIG IDEA:** You have two choices in your thought life. You can take the path of faith led by the Spirit of God OR the path of fear that is rooted in the flesh or "natural man"

Notice in our key verse - that someone without a sound mind - someone without the Spirit leading them is out of control. It's a person who is lacking self-control. They get offended often, they tell everyone. They go around offending everyone because they

only see life through the lens of what they want, what they deserve, what they want to control. Someone like that is naturally going to be offended very often - it becomes a state of mind.

Other people are just a means to end not someone to love and honor and care for. People led by their sinful nature lack self-control in other words - a SOUND MIND is a mind at PEACE.  
A mind

**Gal. 4, 5 and 6 teach us that we have a battle raging within us.**

SO you're walking down this old path - thinking this old way - doing this thing you used to do when suddenly you realize "What am I doing? I don't like how I feel. I don't know why I'm acting so \_\_\_\_\_ I USED TO THINK like this..."

At least the wise person will notice and think and be reflective.

**Wisdom that comes from the Holy Spirit causes you to evaluate your motives and behaviors and thoughts and think deeply about them. Did you know you can think about your thoughts? You should evaluate WHY you thought the way you did which caused you react the way you did. Wisdom will ask you, "Was that thought glorifying God and honoring people?"**

Sounds odd BUT you should. You should evaluate WHY you thought the way you did which caused you react the way you did.

If a boss or dept manager asks you to do something or teaches you a different way that they feel something should be done in the words of Dave Ramsey, that's not micro-management that's called Leadership. Great leaders do care about the excellence of things being done and how YOUR tasks and roles and decisions affects the OTHERS in the organization. So **because they know things you don't know, they may ask something of you - ask you to change or edit something slightly. How do you react? In offense or simple submission focusing on what they told you they loved about your work and knowing they might know what's best?**

## **This is true with your marriage.**

Ask yourself...

why did I react that way? Why did they react that way? What did I do or say to cause them to react that way?

The opposite of wisdom is described quite elaborately in the book of Proverbs right - a fool just doesn't think about what he's saying or doing. A fool just blurts things out. A fool just gossips and slanders others, rallies everything together to bring blame and bombastically accuse someone before actually finding all the facts. That's what a fool does.

A wise person slows down. A wise person says "What are all the facts here?"

The sinful nature will assume the worst of people - even your spouse - making judgments about them that God is not making.

The sinful nature will try to go back to bad habits - thought habits - that only seek to protect yourself - protect your conveniences.

## **Our thoughts are powerful. They form habits.**

**Muscle Memory is like this.**

### **Our thoughts form patterns of habit.**

Think of them as a rut or a path that depends over time. That's why the term evolved Neural Pathways. God can teach you to make new neural pathways if you'll listen to His Spirit and STOP the old way of thinking - stop the thoughts in their tracks! It takes effort but His grace is sufficient to help you!

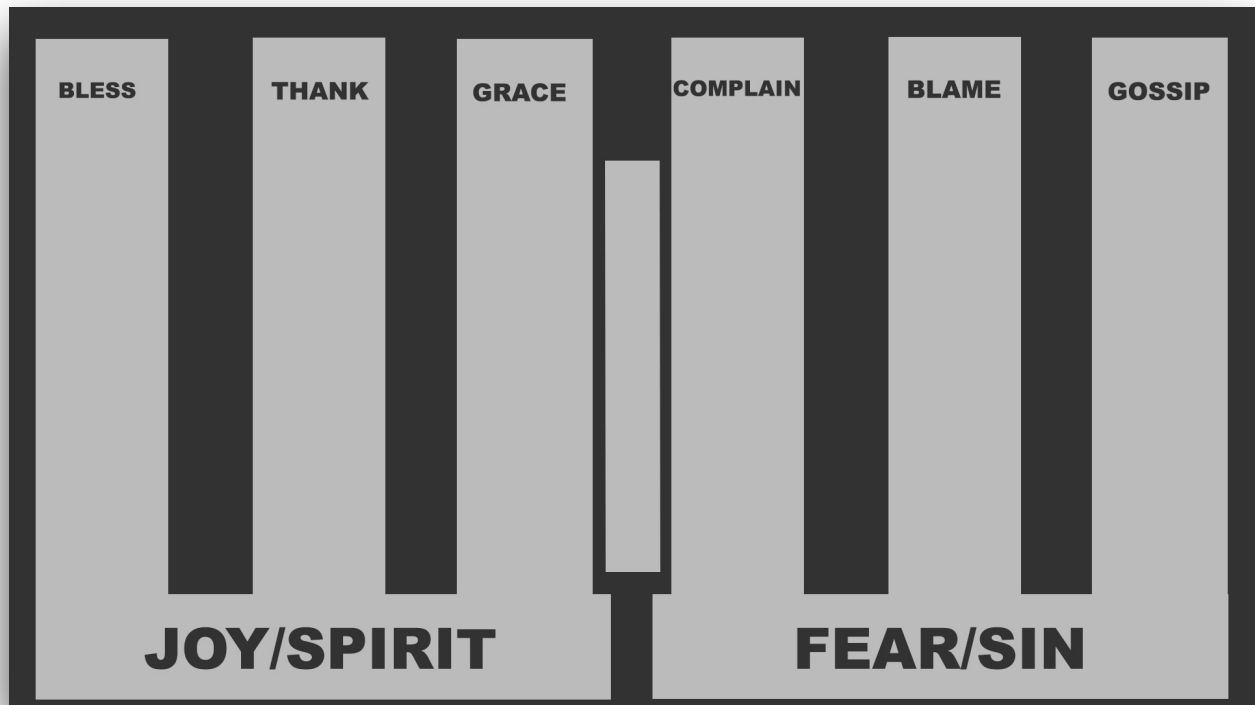
## **Those pathways can develop based on FEAR or on love.**

### **FEAR**

#### **Fears:**

- What if they (do what others did to hurt me ...)
- What if this doesn't work out
- What if I lose my job over this mistake
- What if I can't ...
- What if we lose ...

- What if they don't like me now ...
- 



The same notes on the piano can give mean something or mean nothing.

God's Spirit teaches you how to make melody of the mundane.

**JOY TO THE WORLD illustration**

**Connect four illustration**

## Philippians 4

<sup>4</sup> Rejoice in the Lord always; again I will say, rejoice. <sup>5</sup> Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

**<sup>8</sup> Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. <sup>9</sup> What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.**

#### **God's Provision**

<sup>10</sup> I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. <sup>11</sup> Not that I am speaking of being in need, **for I have learned in whatever situation I am to be content.** <sup>12</sup> **I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.** <sup>13</sup> **I can do all things through him who strengthens me.**

**Do not WORRY about anything (don't fear) Instead PRAY about everything**

...

#### **Worry is the fruit where fear is the root. *repeat***

- A root of fear needs replaced by a root of love.
- God the Father who knows what you need before you even ask FILLS w love!
- Fear comes in when we think back to past wounds and disappointments
- Fear comes in when we forget that God is our provider - the One who supplies the money we need for food, for all our needs in life.
- Fear comes in when we forget that and think that WE are self-made.
- Fear comes in when forget that God has already taken care of us in the past and has promised to take care of us in our future!
- Fear comes in when we let it! Fear is an intruder because Satan is an intruder and a liar!
- 
- I'm writing a book called Ask Think or Imagine and in it I'm outlining who God is and who Satan is and Satan is an intruder! He tries to come between - come between you and God - that bond that you have together. He intrudes on that with deception, worry, fear... Every few months, I tend to work on this book after I have a conversation where this is proven true once again - where someone has believed a lie about God - a deceit that satan put in their heart - a small lie that removed TRUST.

This whole illustration is about TRUST. Do you TRUST God to care for you? Do you TRUST that God has given you grace? If so you'll give grace to others. Do you TRUST that God is a miracle-working God? Then PRAY instead of panic! Pray instead of worry!

Turn your thoughts into prayers! You always have a choice!

## **Choose joy!!!**

### **Three choices will always lead to honoring God:**

- Gratitude / Thanks
- Blessing & Encouraging People
- Honor & Grace - giving grace to someone who disappointed you or simply did something you didn't like (friend OR BOSS)

### **Notice how choosing to give thanks**

#### **Psalm 107:8-9**

- <sup>8</sup> Let them thank the Lord for his steadfast love,  
for his wondrous works to the children of man!  
<sup>9</sup> For he satisfies the longing soul,  
and the hungry soul he fills with good things.

**Jesus alone can satisfy you and fill you with good things!  
Only a relationship with Jesus can give you PEACE.**

**Your thoughts become your words but it's your spirit man that decides your thoughts. GOD has to renew your mind and can do so but you have to ASK Him - you have to invite Him to change you!**

**There are words that are flying out of your mouth that don't honor God - they bring strife to your kids, to your co-workers. They lower trust and bring in fear. Those words are rooted in something. They're coming from somewhere before they come out of your mouth, they come from your spirit man - which is in need of renewal!**

**Bite Your Tongue & Guard Your Heart by letting the Spirit control your thoughts.**

**Guard Your Speech (Eph 5)**

**Wise men restrain their speech (Pr 17:27-28).**

**They study before answering (Pr 15:28).**

**They are slow to speak (Jas 1:19).**

They choose their words carefully and wait for the right time to say them (Pr 15:23; 24:26; 25:11).

## Ephesians 4 & 5

Eph 4:21-32 “...assuming that you have heard about him and were taught in him, as the truth is in Jesus, <sup>22</sup> to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, <sup>23</sup> and to be renewed in the spirit of your minds, <sup>24</sup> and to put on the new self, created after the likeness of God in true righteousness and holiness.

<sup>25</sup> Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. <sup>26</sup> Be angry and do not sin; do not let the sun go down on your anger, <sup>27</sup> and give no opportunity to the devil.

Pause - did you know you can be angry but not sin?

“Be angry and do not sin - don’t let the sun go down - don’t go to bed before you forgive someone who offended you - give no opportunity to the devil.”

Why is it worded like that? God’s teaching us something - if you don’t forgive that person and do it that day, you’re giving the devil an opportunity to make the offense bigger than it is - if you don’t forgive immediately you’re giving the devil a chance to do a number on you - to cause division between you and a brother or sister in Christ. And maybe even further damage to a group of people in the family of God.

<sup>28</sup> Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. <sup>29</sup> Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. <sup>30</sup> And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. <sup>31</sup> Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. <sup>32</sup> Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

God’s Spirit has emotions. God can grieve. God grieves - He is sad when we hold a grudge, when we don’t forgive one another - when we spread rumors and share offenses with each other instead of just forgiving and giving grace. God grieves when we as His children act like the world - when we live with an orphan spirit - a mindset of fear and offense, worry and strife. Let’s the Father’s LOVE push that out of you!

Ephesians 4 & 5 tells is that it’s easy to observe is someone is filled with the spirit

Loving encouraging compassionate kind words can come from your and THOSE words bring LIFE to your kids, to your co-workers, neighbors and whoever you're taking to!

But critical and negative snarky and condescending words are FIRST thoughts - thoughts that come from a mind that isn't letting grace do it's work - and those words bring DEATH the Bible says!

They bring death to dreams - to goals and hopes.

Did you know that your life-giving words, your encouragement can be the little push that a brother or sister in Christ needs to pursue the dream - to say "Yes" to the call of God on their life?

Your life-giving words can give LIFE to someone. It's like pouring water on a thirsty plant when you bless and encourage someone with words like "I believe in you. I believe you can do it. I believe if God put this in your heart that He will enable you to do it. It's His strength in you! You can do it and I'm here for you when you need a friend no matter what - if this goes well or not - I'm here for you."

Look how he words this:

Those who are led by the Spirit ...

Those who are led by the Spirit - by the Spirit of JESUS -

<sup>14</sup> For the whole law is fulfilled in one word: "You shall love your neighbor as yourself." <sup>15</sup> But if you bite and devour one another, watch out that you are not consumed by one another.

**(Point to the Illustration) When you Complain, Blame & Gossip, you're choosing to be led by your flesh.**

Paul teaches us primarily in Romans 7 and 8 that these two are at war with each other - the flesh and the Spirit.



**Every believer past and present including the disciples and including OT heroes AND including modern day revivalist - ministers who changed entire counties and states and regions - had a choice - the same choice you have every day - to be led by the Spirit of God - or led by fear.**

TODAY we have the Spirit of God WITHIN us to lead us and RENEW our minds - to help us form NEW NUERAL PATHWAYS - thought patters of faith - that believe the best of people, that don't blame, that don't gossip or complain but rather, that celebrate and give grace and act like Jesus.

The verses from last week in **Romans 7:24-25**: describes this

Paul, the APOSTLE PAUL goes on to write ...

Where we left of is this verse - so powerful!!!

**"It by the spirit you put to death the deeds of the body, you**

**will live" (Romans 8:13). An understanding of grace is always an understanding that our Christian life is not about living as if we do not sin; it is living in the hope and power of the provisions of God when we sin.**

Romans 7:25: "With my flesh I serve the law of sin."

In other words, Paul is saying to us - GOD is saying to us through Paul - I HAVE A CHOICE.

**YOU HAVE A CHOICE. YOU ALWAYS HAVE A CHOICE.**

Prov 24:16 says that the righteous man is not the one who doesn't fall. He's the one who falls seven times but gets back up again.

This is NOT in the connotation of "being attacked" As if a righteous man is punched and then get has the courage to "get back up"

No my friend.

It's given in the connotation of sin. The context is a man who is wise or unwise.

A man who is WISE realizes there error of his ways and "gets back up"

**Ephesians 5:8-14: "For at one time you were darkness, but now you are light in the Lord. Walk as children of light" (v. 8).**

Your IDENTITY has changed! You ARE light! You ARE children of God.

**B.I.E.L.** This is who you ARE

I have an accornymn on our wall for B.I.E.L. that I've taught to our children. I remind them often when they mess up AND when they do the right thing of this acronym for BIEL. "Hey you are a BIEL. That means Brave Integrity Excellence Loving you are B.rave you have Integrity You did things with Excellence and you are Loving.

So when I say “wipe the table clean” When I come back and there’s crumbs everywhere I say “Is this Excellent?” BIELs do things excellent not half-hearted.  
Why? Bc of Collosians 3:10 Do everything with excellence as unto the Lord”

So when they are not kind. When they DONT share their treat or .... I say “HEY. We are BIELs so we are LOVING.

God is doing that to us His CHILDREN in this passage!  
He’s reminding us of who we are and therefore since we are HIS let’s act like it! YOU ALWAYS HAVE A CHOICE.

***If it is possible, as far as it depends on you, live at peace with everyone. Romans 12:8***

**When instead you are kind and compassionate** quick to forgive and encourage people you are singing songs to their souls  
And it all starts in the pathways of your mind  
Which can be renewed by careful practice and reading scripture. Being with Jesus.

**Form a consistent habit of thinking the BEST of people and forcing your negative thoughts to be deleted and you will reap a harvest! Galations 6:9**

When you do, you will begin to speak consistently BLESSINGS and not curses - LIFE and not death. And when you do, and you do that consistently, watch this, you will reap a harvest of blessing - a harvest of righteousness scripture teaches!

**YOU ALWAYS HAVE A CHOICE. And when you CHOOSE the right thoughts which become the right speech & actions, God will reward you!**

**Galatians 6:9 encourages us, “Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”** This principle of reaping a harvest after we have sowed good seed for a while is how the *steady* step relates to the *surplus* step. In all three dimensions, you experience surplus after being steady for a while because your good seed begins to compound your results.

Opposite of fear, the Spirit of God will lead you to a place of hopeful thinking and it’s a CHANGE OF MIND for us.

Pastor Karl Barth says this:

Where the Spirit of the Lord is, there is freedom.

.. But that freedom of Christian living does not come from the human spirit. No human capacities or possibilities or strivings of any kind can achieve this freedom. When it happens that man obtains that freedom of becoming a hearer, a responsible, grateful, hopeful person, this is not because of an act of the *human* spirit, but solely because of the act of the Holy Spirit. So this is, in other words, a gift of God.

-KARL BARTH

When your mind goes down a doom and gloom neural pathway such as “What if something happens to \_\_\_\_\_  
What if I end up alone? What if \_\_\_\_\_” that dreadful -  
negative future forecast does NOT come from the LORD!  
Reject it!

FORM A NEW PATH THROUGH THE WOODS even if the  
OLD PATH is easier to take!

**Trauma Informed Care taught us about these neural pathways and they are THERE whether you want them to be or not.**

**The little boy we're taking in tomorrow, he and his mom were homeless for 2 and half years. Who knows what he's seen and what pathways have formed in his mind but GOD CAN RENEW his mind and form NEW pathways of HOPE and LOVE and PEACE! God has already used the foster mom that he had for the last 9 months or so but we're praying God uses us to teach those new pathways.**

**Mercy triumphs Judgement**

You say “Pastor Jordan you don't know though what they did to me so I can't forgive them and I can't just move on!”

**Luke 23:34 Jesus** doesn't deny the reality that people were out to get Him or that people he loved dearly had treated Him so

poorly. But rather He ask the Father to forgive those wrongs. He wanted his accusers and His enemies to not have to pay for their wrongdoing!

UGHH Does that convict you? It convicts me!

*“Get Them Lord!”*

Bc I don't know about you but sometimes when someone treats me really bad and has no idea what they're talking about and is competing uninformed but comes to a conclusion based on one comment from someone, I want to say “GET THEM GOD! JUST GET THEM! Take them out!”

**JESUS** teaches us a better way to think and therefore a better way to live - a thought pattern of grace.

**1 Peter 2:21-24** it's laid out for us that Jesus in the middle of His suffering in our place “Jesus kept entrusting Himself to Him who judges righteously.”

WOW!

It's a DANGEROUS path to take to think that it's YOUR JOB to carry out justice.

So Jesus, whom the book of Revelation teaches us is the ultimate judge who judges at the Great White Throne - the One who judges ALL things didn't take out JUSTICE on people who wronged Him!

You're kidding me right? He's literally the only perfectly qualified to enact justice. YET he is submitted to the Father.

He TRUSTS the Father to do to the justice part.

Are you trusting the Father to do the justice part? Or are you gathering all your friends to make sure justice is done - the person that wronged you is publicly criticized, blamed and endures lasting wounds?

**GOD is the Judge. Not you.**

**Funny Judge Judy -**

**Normalizing Your Slavery**

That person who wronged you - you won't stand before them one day! They're not Lord over you. So if they're not Lord, why are you letting THEM control your thoughts and there your day? Your thoughts determine whether you're having a good day or bad day? Some of you are letting someone ELES's immature bad decisions determine your day - whether it's goin to be good or bad. You won't stand before them on the day of judgement.

There is only ONE that you and I will stand before and that is JESUS. You'll never meet everyone's expectations as many form those expectations around prior experiences and what they deem to be most important. Don't feel the need to jump through their hoops.

So friends, when people want drama, just say "no thanks." When they want to pull you down in the slimy pit of their slander, humbly step away. Choose to honor people and give grace no matter what. \*Yes, there are times Biblically when someone needs to be removed from your life. More on that in the next article "What Happened To Honor?" In the words of Leadership Guru Dave Ramsey, "Don't let someone eles's urgent become your urgent."

***If it is possible, as far as it depends on you, live at peace with everyone.  
Romans 12:8***

When people do their best to compel you to join them in their angst, simply ask, "Have you talked directly with this person about how you feel? Have you applied MT 18, MT 5, and the other passages that teach you to go directly to the person aiming for reconciliation?" They'll be shocked by your question because after all, they want their offense to become your offense. *Misery loves company* as they say.

**But if you're not careful you will form a neural pathway called OFFENDED, UPSET and a neural pathway - a thought patter that thinks... "I'm the one that has to bring justice!"**

**Next thing you know, EVERYTHING offends you.**

A PATH IN THE WOODS. A path is easy to walk down. Cutting the trees down, cutting the brush and making a new path is HARD but the Spirit can help you do it!

Last thing I want to teach today is something that jumped off the page. Let's re-read our key scripture only this time let's back up starting at verse 3.

PAUL is writing as a Spiritual DAD to Timothy

**Guard the Deposit Entrusted to You**

<sup>3</sup> I thank God whom I serve, as did my ancestors, with a clear conscience, as I remember you constantly in my prayers night and day. <sup>4</sup> As I remember your tears, I long to see you, that I may be filled with joy. <sup>5</sup> I am reminded of your sincere faith, a faith that dwelt first in your grandmother Lois and your mother Eunice and now, I am sure, dwells in you as well. <sup>6</sup> For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands, <sup>7</sup> for God gave us a spirit not of fear but of power and love and self-control.

**2 Ti 1:3-7**

Notice: sincere faith, a faith that dwelt first in your grandmother Lois and your mother Eunice and now, I am sure, dwells in you as well. <sup>6</sup> For this reason I remind you to fan into flame ( TAKE ACTION) the gift of God, which is in you (already in you - we covered that earlier right - two natures in you) through the laying on of my hands, <sup>7</sup> for God gave us a spirit not of fear but of power and love and self-control.

**Some of you are walking around day in and day out with offenses and a spirit of fear blaming, gossiping and the like because you have forgotten to value Spiritual Moms & Dads.**

This is ONE sentence "Though the laying on of hands for God gave us a spirit of power and love, not fear."

I can FOR SURE tell you that I have a sense of PEACE like no other when I let my parents, or Dave and Shayne or Ed and Margret Homer lay hands on me and pray for me and the SPIRIT OF GOD flows through them to remove the enemies lies and attacks.

You might be in mental torment if you've isolated yourself.

**We can normalize our predispositions - even our predisposition of being offended. You can be in a constant state of "offended"**

**This isn't just a "neural pathway" either It can be a spirit that attacks your mind and you need delivered of it!**

JESUS w the man at the pool of Shalome... "I have no one to put me in the pool"

The key words there are "I have no one"

That's the lie from Hell that has caused millions of Christins to walk around defeated and offended instead of life-giving, victorious and being a blessing to others. "I have no one."

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SO WHAT DO WE DO?

**Do you WANT to be made well?**

How do you speak? Your thoughts will control your speech. It's the filter - the pathway before the words come out of your mouth, they have formed in your mind. This is why it's SO IMPORTANT to let God renew your mind.

**Take Inventory**

Seriously. Right now. Think back on the last week and last few weeks. Have your words been a blessing? What is the arc of your words? If we were to chart them as positive, a blessing,

Your words, are they bringing life or death?

Scripture teaches us that “Words have the power of life or death.” REFERENCE

**In your marriage - how you speak to your spouse.**

Demands or Requests?

Blame or Blessings

YOU SET the environment in your home. Is an environment that fosters joy and peace and growth or one of strife and anger and accusation?

\*Teens will still be teens and need taught no matter how well you're doing as a parent! They'll still act like they got hit with a blow dart at times for no apparent reason. Lol

BUT you can fill their mind with blessings and ICNU comments OR comparison and guilt and shame.

Philippians 4:15-18

READ THIS

Don't worry. Instead pray.... Full verses

1 Co 2:16

We have the mind of Christ.

We're even told that Everyone who is in Christ is a NEW CREATION

2 Co 5:17

So why is it so many of us Christians fall into the mind traps of

**CONDEMNATION & COMPARISON**

Condemnation says

*“I'm never good enough”*



While the truth is that Jesus is and He gives you His righteousness.  
Comparison says

*“I’m good. In fact, I’m better than you.”*

While the truth is that  
**only Jesus** is good and He gives you His righteousness by giving you  
**grace to believe in.**

Where does God’s work of grace begin?  
In our Mind? Or in our Heart? Or maybe the two are more connected  
than we thought.

You see, The THOUGHTS of our heart determine our ACTIONS. *(This is  
where it’d be cool to have the letters like fall and rotate into the word  
“ACTIONS” the T, O, S ...)*

Our ACTIONS form our HABITS.  
Our HABITS reveal who we are.  
Therefore our THOUGHTS = WHO WE ARE.  
Prov. 23:7 “As a man thinks in his heart, so is he.”  
This is when we surrender to God.  
We must allow the Holy Spirit and the Word of God to renew

We all need the mind of Christ to live in the freedom and the peace  
that Christ Jesus paid for on the cross.

## **HOW TO RENEW YOUR MIND TO A SOUND MIND PRACTICAL TIPS**

- **Take 10 min in silence as God to guide your day**

- **Ask God why it is that you feel a certain way towards to a certain situation and ask Him to reveal HIS heart in it**
- **Shut of the screen. Read. Contemplate. Mediate Ont he word of God.**
- **Don't fill every down moment w screen time. Fill it with prayer time.**

**Come to JESUS and let Him heal you!**

**The Worship Team sings: Sound Mind**