


It's all in your head

Our minds are broken but Jesus can renew our minds


03/03/24 # 1

Romans 12:12

Use  emoji to indicate that the line is a slide for presentation.

// Main Point #1 All of our minds are broken

#1 Our minds are broken

 Jeremiah 17:9 - “The heart (mind) is deceitful in all it’s ways who can know it” This prophet, Jeremiah, had met enough people and seen enough situations where people had lied, where people had deceived others into a half-truth. He had seen enough times where someone’s compliment he discerned was just flattery in efforts to manipulate, that he knew because he noticed... the heart is deceitful in all it’s ways.” wow

What does Jesus say about the heart and it’s connected to the words that we say?

Luke 6:43-45

⁴³“For no good tree bears bad fruit, nor again does a bad tree bear good fruit, ⁴⁴for each tree is known by its own fruit. For figs are not gathered from thornbushes, nor are grapes picked from a bramble bush. ⁴⁵The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.

[The Holy Bible: English Standard Version](#). (2016). (Lk 6:43–45). Wheaton, IL: Crossway Bibles.



Our mind thinks through what our heart believes.

Our mouth reveals what our heart conceals.

This is why someone can spew something awful - gossip - dishonoring comments about someone (being fired at their job, being not good at something, tearing down their achievements, whatever it is...) and not flinch. Why? They’ve already been thinking it. It’s already become a fact in their ... MIND. So when it comes out of their mouth, it’s no surprise to them - but it’s often a surprise to others.

This is why it's SO IMPORTANT to let the Spirit STOP your dishonoring thoughts before they become normalized truth to you and you say them out loud.

We have this ability to lie to ourselves.


We Lie

We tell ourselves

- Things are better than they actually are
- Things aren't as bad as they seem
- We tell ourselves we're doing ok when we aren't
- We tell ourselves it's no big deal when it definitely is a big deal

The Bible actually tells us you cannot be trusted to tell yourself the truth. - You have to question your own thoughts - Do they live in reality and do they line up with the Word of God.

Just b/c you have a thought doesn't mean its true - All sin begins with a lie - In fact scripture call Satan the father of lies (John 8:44)

 **1 John 1:8 - If we think we are immune from sin the Bible says that we deceive ourselves and the truth is not in us.** - We all sin at times because we're still on earth. Remember, we are being saved. We are once saved being saved.

We are all children of God, yes. We are "dearly beloved" yes. But we are also all STILL human. Still on planet earth. Not yet in the New Heavens and New Earth. SO we have a very real enemy who is doing everything in his power to get us to be selfish, self-serving, victims, judgmental, divisive, rude, angry, jealous, the whole bit.

In those moments I want to invite you to let the Spirit of God enter the conversation going on in your mind.

Let the dove come down and say "Hey, what's going on here?"

Let me say it like this “if your mind is a room, let Jesus, (which is the voice of the Holy Spirit) enter the room and look you in the eyes and address you - confront you - ask you “What’s going on in *this* room?”

Right?

Jesus, if you let Him address you - in all your honesty and vulnerability and brokenness - might look you in the eyes and say “Why did you react that way to them?” or “Are you treating them poorly because you were treated poorly?” “Are you treating them without honor because you feel disrespected? Because you haven’t forgiven someone who mistreated you?”

You shouldn’t believe everything you think. (because the heart is deceitful above all things)

Your heart which, while you’re on earth, will simply be corrupt at times, will tell you things that you should NOTICE are not godly then reject them.

Take captive every thought ...”

Take captive every thought or your thoughts will take you captive.

 **Many people are suffering, living in the captivity of last year's painful thoughts.**

Often we’re not choosing blessing but speaking from hurt of the past.

“We are products of our past but we don’t have to be prisoners of it.” - Rick Warren

We have to let God heal us so we can be a blessing to others.

REPEAT: We have to let God heal us so we can be a blessing to others.

Others are thriving. They’re full of joy and the Spirit of GOD has renewed their minds. They’ve forgiven everyone who has ever mistreated them. They are believing boldly for what lies ahead and they are passionate about serving OTHERS and enriching the lives of OTHERS. Both groups of people come to church. Sing the songs. Get ready Monday morning. Go to work. Come home. Etc. Which group are you in?

Not only should you not believe everything you think,

You shouldn't dwell on everything you think.

IF that thing you're thinking is judgmental of someone else, embarrassing to someone else, dishonoring someone, then that thing - you should STOP thinking about it. You should LET the Holy Spirit change your mind regarding that person. This is where prayer comes in - talk to God about the situation.

One of the biggest reasons you shouldn't believe everything you think is -

But one of the big reasons why you need to not believe everything you think is that we see what we want to see. I read whatever I can about the brain, and one of the things I just learned is that the optic nerve, which is the only nerve that goes directly to your brain, actually sends more impulses from your brain forward than from your eye backward. Which means your brain is telling you what you see. You are already preconditioned. That is why you can put four people in an accident and each of them will see something different. We must remind ourselves, and teach others, not to believe everything we think!

Romans 12:1-2; 14-21


12 I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. ² Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

[The Holy Bible: English Standard Version](#). (2016). (Ro 12:1-2). Wheaton, IL: Crossway Bibles.

Before we go to verse 14, I want to talk about this for a minute and see if we can explain or help apply what's being said.

Romans 12:14-21

¹⁴ Bless those who persecute you; bless and do not curse them. ¹⁵ Rejoice with those who rejoice, weep with those who weep. ¹⁶ Live in harmony with one another. Do not be haughty, but associate with the lowly. Never be wise in your own sight. ¹⁷ Repay no one evil for evil, but give thought to do what is honorable in the sight of all. ¹⁸ If possible, so far as it depends on you, live peaceably with all.

 Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, "Vengeance is mine, I will repay, says the Lord." ²⁰ To the contrary, "if your enemy is hungry, feed him; if he is thirsty, give him something to drink; for by so doing you will

heap burning coals on his head.”²¹ Do not be overcome by evil, but overcome evil with good.

[*The Holy Bible: English Standard Version*](#). (2016). (Ro 12:14–21)

// Main Point #2 GIGO - Garbage in Garbage Out

#2 GIGO (Garbage In Garbage Out - Whatever you put in is what you are going to get it- it's that simple - We must be mindful and use wisdom of the things we take in, of the people we allow to speak into our life, what we watch, read, listen to etc... We take in so much in the course of a week - have we ever stopped and asked ourselves “Is what is going into my ears, mind and heart

- Good for me
- Encouraging to me
- Edifying to my spirit man
- Honoring to God
- Making me more Christlike

 Rick Warren says this **“Put mental garbage in your mind and you will get garbage out of your life.”**

What we take in matters - Remember all sin starts w/ a thought.

I want to give you 2 thoughts this morning on how to guard your mind.

Be careful about what you listen to - personally and as a parent.

Parents, can I talk to you for a moment? - the music you hear and your teenagers hear - the shows and movies you watch. Are they tearing down the godly walls - the foundations that the Bible has created? Why fight yourself? You've already given them scriptures and truth and taught how to be Christlike - why then allow them to learn how NOT to be Christlike - to be flirtatious with every boy they find attractive - to be rude to everyone that isn't good enough in their mind.

This isn't rocket science, parents. If you let your kids watch Mean Girls over and over, don't be shocked when they become mean girls. If you let your teens watch

filth on MTV and HBO over and over, don't be shocked when all they talk about is boys and or hot a girl is or who is sleeping with who...

Garbage in. Garbage out.


YOU, mom and dad, are the gatekeeper of what goes in to your child's heart (and mind) Only let them have social media IF you feel they are old enough and IF you have vetted those they follow. But just hoping they're ok online is NOT wise and trust me, they'll see garbage and hear garbage if you take the "hoping" route. Instead, be vigilant. Yes it will annoy them. But your job is to be their parent first, before being their friend. They have dozens of friends. They have one set of parents.

Now be careful at Life Group this week not to harp on THAT subject the entire time => Instead, bring it back to YOU.


What is the Holy Spirit teaching YOU to repent of?

Remember what we said about what it means to follow Jesus - it's to LISTEN to Jesus' voice, REPENT (change our ways and admit we need His help) then BELIEVE what Jesus is saying (what God's WORD is saying) and OBEY.

So often, it's not that we need to "try harder" to think right, but rather that we simply need to pray.

 **Philippians 4:6-8** - Do not be anxious about anything, but in **everything** by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. 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.

How do you know when you have the peace that "surpasses all understanding"? When you give up trying to understand fully why God does what he does and simply trust him. This peace "will guard your hearts and your minds."


 **Step #1 We Pray** - & then we think but what are we to think about - In everything by prayer - that word everything is a big word - No decisions should be made without prayer.

This kind of prayer is like an ongoing conversation w/ God - Its learning to develop a 2 track mind - Talk to him often - All the time if you can.

So scientifically a person can speak about 150 words a minute but the brain has the capacity to process 350 words per minute. There is more room in your brain to talk to God than you think.

Paul says to think about what is TRUE - true mean - lines up with the word of God. Whatever is honorable, whatever is just, pure, lovely, commendable, - Again its Garbage in, Garbage out - GIGO -

Illustrate

 **Step #2 - Focus on what God wants.** We must “Fix our thoughts” in other words FOCUS - the challenge isn’t in our ability to think - its in our ability to focus. It’s our ability to quiet the noise, listen for the Holy Spirit and be obedient when he speaks.

We cannot just simply resist sin or temptation - we have to replace it - What you just resist persists.

 **James 1:15 - 15 Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.**

Replace it - Replace your thoughts with thoughts that God wants you to have. This takes WORK

What does GOD say about that person that has offended you?

What does

In the words of Thomas Chalmers, it is “the expulsive power of a new affection” that turns your mind away from the things that the Devil wants you to focus on to the things that God wants you to focus on.

📖 Once you start letting the Spirit teaching you how to think, you will speak blessings to others, inviting them up into the things of God and honoring them for their work and their personality.

📖 Satan will cause you to focus on the negative side of one's personality and gifting. The Spirit will cause you to celebrate that positive side.

Everyone has a unique personality and gifting from God, our Creator.

Each gift has a corresponding propensity to weakness.

Let me give you the following examples:

The emotional person, the man or woman who is truly in touch with their emotions, will feel true empathy when someone is hurt and that's good! They'll also feel such trauma and sorrow and offense when a leader gives them a protocol. They'll take it personally - feel "singled out" feel hurt... they'll FEEL. So if that's you, be careful. Sometimes you're just hearing a fact or a rule or a protocol. Don't take it personally.

The factual person who has an ability to always get all the details right, Don Clifton, the leader in understanding personality and giftings in teams says THAT person will naturally have a propensity to be judgmental. Because in their mind, it's only right when THEY do it and how THEY do it. So that person has a gift that makes things PERFECT. I will celebrate that person's gifting. I won't talk about the negative side of that gifting. When they want something perfect, I am gracious. I won't say "They're a perfectionist. They're so rude. They're so..." I will CHOOSE to think "they just want it done right and done with excellence." and I will FOCUS on that.

The visionary person (my type of personality) will help everyone see the big picture. The visionary person can help people zoom out and see what's possible - They help people see that if we all unite towards this common goal - this beautiful future I'm going to paint for you, how great it will be. They galvanize a team towards a brighter future. But my personality and gifting has a fault (like all gifts) I can miss the details. Every visionary leader who has ever walked the planet and led a team towards remarkable outcomes is like this.

So, knowing that is my weakness, I lead myself using a task management app, I set calendar reminders. I even use a Full Focus Planner. A paper planner. I miss not very many meetings or deadlines because of all my tools that I use to keep myself organized. But it doesn't come natural. Why? I'm a visionary type. SO, with my personality and gifting you could say "What an idiot, Jordan forgot to..." or you could say "man I'm so glad we're talking the orphan crisis." or "

The choice of what you let your MIND think about - because it will come out of your mouth at some point. Remember... **Our mind thinks through what our heart believes. Our mouth reveals what our heart conceals.**

Let me illustrate this in your marriage.

Men, your wife will have certain gifts and a unique set of gifts in her personality. My question for you today is how often are complimenting her and celebrating her strengths

Women, your husband will have some gifts by simply being a man and then of course he'll have certain gifts based on how God wired him.

If you want a terrible marriage - I mean you want it to be BAD - then you will only focus on and talk about his shortcomings. You will only voice your disappointment and where he's missing the mark. And your marriage will likely end in a number of years.

But if you focus on and let God's Spirit teach you how to honor him - if you will focus on and voice what he is doing well, what you appreciate about him, watch as he will feel honored in his home, and respected and he will be your knight in shining armor, ready to tackle ANYTHING for you, provide for you and protect you at all cost.

But if you only nag, if your voice is condescending and rude and only negative, the Bible says that man would rather live on the roof in Texas (the Texas part I added)

So many couples - even Christians - don't understand this.

The POWER of our words.

The POWER of what we choose to focus on.

Let me illustrate this with an extensive study that was done on married couples.

The Gottman Institution did the most scientific and extensive research done yet when it comes to what leads to divorce and what keeps couples connected and in love. They studied 10,000 couples in a lab over 3 days.

They were able to predict with 80% accuracy the couples that would survive and thrive and those that would end in divorce within 1 year.

Those marriages that would last were those that responded to the others request for connection. They didn't turn away.

Responding to each others' needs for connection - being a listener who cares about the other and SPEAKS about it in an empathic way.

When one comes home from work and says "I'm so tired."

And your partner says nothing or "You're tired! I was with the kids all day!" or I was "My day was much harder." That turning away from your partner's needs and request for connection is a sure-fire way to lead your marriage towards divorce.

If the wife is asking for affection or care and trying to start a conversation, If the husband reacts with anger or quick temper and does not notice, if he looks at his phone instead of her while she talks, if he cuts her off and starts listing why she shouldn't care... those are factors that will lead towards separation. Those responses don't honor your spouse. They dishonor your spouse.

If instead you show empathy and care and ask "how did that happen?" or "What did you do?" It shows you're listening and care.

So again, today is about choosing to let the Spirit control your thoughts and speech.

I'll illustrate this to you with our son Lukas.

There's people who have said (and not just one) "that boy just needs a good spanking) not knowing that doesn't work for him. Sometimes it does but most the time, it doesn't.

They don't understand that he exhibits the hyperactivity exactly expected by a baby who in utero, who's mom had A LOT of caffeine and A LOT of marijuana. We knew in adopting him it would be hard at times but man, he IS maturing and doing better.

Others will say his hyperactivity and sometimes rough actions and say nothing and that's perfectly fine.

But hear me...

Others will say "Oh I just love that boy. He's so fun and creative and such a dynamic personality! God is going to use him to be a great leader one day."

WOW! Those are WORDS OF LIFE!

What that does to my spirit! And to Danielle, his mom's spirit.

THat LIFTS us up, instead of tears us down.

That comment comes from a heart that is benign led by the Spirit, not the flesh.

That comment says "I feel empathy for you and I know parenting him is difficult.

But I want to remind you today that God has created him and is doing a great work in him and if you'll just be patient and consistent, you will see the fruits of your effort in parenting him."


That's what we feel when Kayla, Andrew, Ruth, these people talk about Lukas like that. It means the world to us.

It's Honor.

It's Christlike.

It comes from a heart that has been renewed.

So this FOCUS and SPEAKING in an honoring way to and about people is how you follow Jesus in your MARRIAGE and your WORKPLACE and your NEIGHBORHOOD even in your PARENTING - every area of your life!

 **Satan will cause you to focus on the negative side of one's personality and gifting. The Spirit will cause you to celebrate the positive sides.**

SPEAK LIFE and BLESSING to those around you - those you work with - those who live in your home.

In your parenting, if your child is struggling with one area of school or one area of life, don't just harp on THAT area. Instead, be sure to honor and celebrate what they ARE doing WELL!

SPEAK LIFE and BLESSING!

 **Numbers 6:24-26**

“May the Lord bless you and keep you. May the Lord smile on you and be gracious to you. May the Lord show you His favor and give you His peace.”

So to wrap things up, God is calling us as a church to be a people who speaks LIFE and BLESSING to one another. You should be the most encouraging person your co-workers know at your work-place.

Your kids, they should hear the most encouragement from YOU - more than their teacher, their coach, they should hear from you words of life and encouragement.

Your spouse - they should feel YOU are the safe place they can come to and be heard. YOU are the encouraging person when they come home. YOU are the who is speaks to their great qualities and shows respect and honor in private AND in public.

// Conclusion

- Closing - We have a battle that constantly is raging, it's taking place in our minds - it keeps us from receiving Gods best for our life- it distorts the beauty of our creation in His image. It ruins relationships, marriages and it keeps people from ever accomplishing what they were created to do.
- The mind is a powerful weapon- but too many people have allowed that weapon to be used by the enemy - too many Christians are now allowing the Spirit teach them a better way to speak.
- As we close this morning I want to challenge you to allow the Holy Spirit to begin renewing your mind - That is the first sign of transformation - The way we think changes - Everything else follows. Take captive every thought that belittles or embarrasses someone and choose HONOR.
- I want to challenge you this morning - Change your radio station, stop watching that show, put that book down, turn off the news and replace it with the Bible, prayer, worship music and I'm willing to bet that your mood, attitude and outlook change.
- If the enemy has been attacking your mind this morning and you're ready to guard it and shift your thinking the altars are open, someone will come and agree with you in prayer.
- Altar time - Possibly do Sound Mind

Sermon Notes

Sermon Title

Date of Sermon

Bottom Line

// Main Points

- Main Point
 - Scripture
 - Key Notes
- Main Point
 - Scripture
 - Key Notes
- Main Point
 - Scripture
 - Key Notes

// Discussion Questions

1. Question 1
2. Question 2
3. Question 3
4. Question 4
5. Question 5