

The Flourishing Mind

What we think determines the direction of our lives.

Your life will follow your thoughts.

As a plant springs from the seed, so every act of a man springs from the hidden seeds of thought.” – James Allen

Job 3:25 For the thing I greatly feared has come upon me, And what I dreaded has happened to me.

**Thoughts always precede actions.
Actions always proceed our habits.
Our habits determine our character.
Your character defines your destiny.
Your destiny will determine your legacy.
A flourishing mind will set the direction for your future!**

If you are willing to transform your mind into the image of christ you can determine your legacy of faith.

Romans 12:1-2 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. 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.

MSG “So here’s what I want you to do, God helping you: Take your everyday, ordinary life your sleeping, eating, going-to-work, and walking-around life and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don’t become so well-adjusted to your culture that you fit into it without

even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.”

To conformed means to be shoved into a mold.

The Bible says do not conform but be transformed.

Transformed in the Greek is metamorphoō

A complete change in appearance,
character,

2 Corinthians 10:4 For the weapons of our warfare are not carnal but mighty in God

for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

The weapon the weapons of our warfare are...

The preaching of the Word.

The weapon of prayer.

The weapon of worship

The weapons are to bring down the strongholds in our minds so that we can see Jesus for who He is.

There are mental traps that take place in our lives.

There is a progression of unguarded thoughts that keep attacking the mind.

3 mental traps that destroyed Saul's life.

1. Saul believed the lie.

Saul believed a lie that God would not help him. 1 Samuel 13

2. Delusional thinking.

Delusional thinking is when a lie becomes your reality.

When we make decisions based on fabricated facts.

Saul became jealous and thought he had to defend his kingdom.

God chose Saul by name and anointed him to be the king.

When God places you in authority nobody can remove you.

John 15:16 “You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in My name He may give you.

You can be secure in who you are in Christ.

Never forget you are chosen by God.

Bad decisions are a result of meditating on the wrong thoughts.

3. Allowing toxic emotions to control our thought life.

Jealousy and insecurity are toxic mind traps.

Saul thought David wanted his job and began to chase David with intent to kill him.

Toxic thoughts led to lethal emotions that eventually led Saul to devastating actions.

Saul spent his last years of his life chasing David and believing a lie.

It consumed his life.

Obsessing is when something or someone consumes our minds and emotions and thought life and all your valuable time.

Here are some steps to a Flourishing Mind:

1. Guard the Gates.

The gates of your mind are your eye gate and ear gate.

The eye gate.

Matthew 6:22 “The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. 23 “But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness!

Psalms 101:3 I will set nothing wicked before my eyes; I hate the work of those who fall away; It shall not cling to me.

Psalms 119:37 Turn away my eyes from looking at worthless things, And revive me in Your way.

Everyone in this room and everyone listening is just three quick clicks away from a mess.

The ear gate.

Mark 4:23 “If anyone has ears to hear, let him hear.” 24 Then He said to them, “Take heed what you hear

2 Timothy 4:2 Preach the word! Be ready in season and out of season. Convince, rebuke, exhort, with all longsuffering and teaching. 3 For the time will come when they will not endure sound doctrine, but according to their own desires, because they have itching ears, they will heap up for themselves teachers; 4 and they will turn their ears away from the truth, and be turned aside to fables. 5 But you be watchful in all things, endure afflictions, do the work of an evangelist, fulfill your ministry.

Proverbs 20:12 The hearing ear and the seeing eye, The LORD has made them both.

2. Continually refuel your mind with life-giving content.

Psalm 1:2-3 But his delight is in the law of the LORD, And in His law he meditates day and night. 3 He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper.

Romans 3:17 So then faith comes by hearing, and hearing by the word of God.

Concentrate and saturate your mind with the word of God.

Colossians 3:16 Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

3. Set an atmosphere.

Set an atmosphere that is conducive to right thinking.

You think differently in different environments?

Psalms 73:16-17 When I thought how to understand this, It was too painful for me
17 Until I went into the sanctuary of God;
Then I understood their end.

David thought differently in the right atmosphere.

The worst thing you can do is isolate.

When you get alone the voices get louder.

4. Choose what you are going to think about.

Colossians 3:1-2 If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. 2 Set your mind on things above, not on things on the earth.

Philippians 4.6-8 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Meditate on These Things 8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy meditate on these things.

Replace bad thoughts with God thoughts.

5. Identify and be aggressive about removing mental and verbal toxins from your life.

You can't remove them if you don't identify them.

2 Corinthians 10:4-5 For the weapons we fight with are not of this world but mighty in God for pulling down strongholds, 5 casting down arguments and every pretension that sets itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.

If I will be committed to transforming my mind, God will be committed to transforming, my life!