



FEED YOUR MIND

ACTS 26:24-25 “At this point Festus interrupted Paul’s defense. “You are out of your mind, Paul!” he shouted. “Your great learning is driving you insane.” “I am not insane, most excellent Festus,” Paul replied. “What I am saying is true and reasonable.”

What goes into our minds will typically find its way back out in how we live. Just as if you fed yourself saturated fat five meals a day it would work its way out in weight (and heart attacks). The same is true for what you feed your mind. If our minds are not fed with the goodness of Christ much of what we do will be tainted by self.

Romans 12:2 Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is--his good, pleasing and perfect will. The way we live will inevitably be a reflection of the way we think. True change always begins in our hearts and minds. Those who live full lives, being the people God intends for them to be, are those whose thoughts don’t focus on themselves, they focus on Christ and that inclines them toward confidence, love, and joy.

Learn to Monitor Your Mind

God knows our thoughts better than we do and when we LISTEN He will speak to us when we start to go off focus. *Romans 6:8 The mind of sinful man is death, but the mind controlled by the Spirit is life and peace...* God’s Spirit wants to liberate us, both from thinking as if we are God and from thinking as if we are nothing. There is a God; it is not you...He wants you to become you.

Learn to Set Your Mind

Col 3:1-2 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things. One reason people memorize the Scriptures is that it enables us listen to the voice of our God when we are lost. God’s gift of your mind is unbelievably lavish.

Feed Your Mind with Excellence

One of the greatest gifts God has given the human race is Scripture. The reason we read the Bible is not to fulfill a spiritual duty or to gain more knowledge, it is to jump into God’s river.

• Read the Bible with Curiosity

We can learn much from the Bible if we just ask questions: Who is the author of this book? Who was the audience? Is the writing a parable, instruction, a letter, or history? How would the people to whom the words were first written have understood it? Often the biggest barrier to our becoming learners is what we think we already know.

• Read the Bible with Integrity

When you read the Bible and you have doubts, don’t “try harder” to believe. Simply let God know about your doubts; He already knows about them anyway...and talk to someone about it.

• Read Scripture with Expectancy

If you really believe that you may meet with God, don’t just “show up.” Let your mind be awake, be hopeful, looking for something beyond yourself. When you come to Scripture with an attitude of expectancy, that changes things.

• Read Scriptures with an Active Mind

When we study something, we take it into our mind. We internalize it. It belongs to us; it becomes part of us. Whole new worlds suddenly become available to us. When we read Scripture, we ask God to put it into our bones.

• Read the Scriptures the Way You Watch a Movie

When it comes to the Bible, the conversations sometimes become stilted. People are so concerned with making sure they get the “right” answer that everyone backs out of the conversation. The characters in the Bible are not sterile moral object lessons; they are real people with flaws and ambiguity through whom God works.

• Don’t Just Read it Do Something

Don’t just think about what you ought to do, actually do the things you know you ought to do.

James 1:22 Do not merely listen to the word, and so deceive yourselves. Do what it says.

We don’t become doers on our own, as we read the Scripture, we ask the Spirit to help us understand what to do in response; and the intersection of what the Scriptures teach and how our lives unfold will give us a never-ceasing stream to actually do what Jesus says.