

## Managing Your Mind

We are instructed to manage our minds.

### **Philippians 4:8** ESV

*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.*

We are responsible for what we think about (meditate on).

### **Colossians 3:1-4** ESV

*If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God. When Christ who is your life appears, then you also will appear with him in glory.*

The Bible tells us *why* we should manage our minds.

**Proverbs 4:23** - *Keep your heart [mind] with all diligence, for out of it spring the issues of life.*

We are instructed to be “sober-minded.”

**Titus 2:1-6** - *But as for you, speak the things which are proper for sound doctrine: 2 that the older men be sober, reverent, temperate, sound in faith, in love, in patience; 3 the older women likewise, that they be reverent in behavior, not slanderers, not given to much wine, teachers of good things-- 4 that they admonish the young women to love their husbands, to love their children, 5 to be discreet, chaste, homemakers, good, obedient to their own husbands, that the word of God may not be blasphemed. 6 Likewise exhort the young men to be sober-minded* (Gk#49936 - sophroneo, so-fron-eh'-o)

Sober-minded = not drunk or out of control thinking

The Message translates this “disciplined mind”

Translated in other places:

**Mark 5:15** – the demon possessed man was healed in....in his “right mind” (sophroneo) The opposite of being in his “wrong mind)”

God gives us a sound mind.

Another passage that instructs us to manage our mind is:

**2 Timothy 1:7** - *For God has not given us a spirit of fear, but of power and of love and of a sound mind* (NKJV).

Self-discipline (NIV, NLT)  
Self-control (ESV)  
Sensible (MSG)

**How to Manage your Mind**

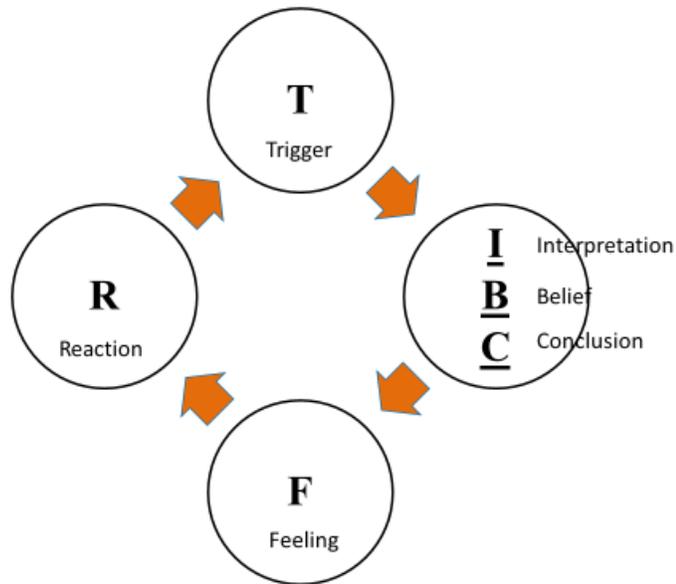
**Romans 12:2** - *And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*

Be transformed...by the renewing of your mind... Renew = Renovate

Renovation includes:

- Identify the old
- Envisioning the new
- Getting to work

**Tim's Circles and Cycles**



**Assessing your Cycles**

Trigger	Beliefs (Lies)	Emotion Experienced	Reaction (problem)

## Applying Truth



Emotion Experienced	Current Beliefs (Lies)	Replacement (Truth)	Objective (Goal)
Fear (anxiety)	<ul style="list-style-type: none"> <li>• I am not safe, protected</li> <li>• God is angry with me</li> <li>• I just know something bad is going to happen</li> </ul>	<ul style="list-style-type: none"> <li>• God is present and powerful</li> <li>• God loves me and would never abandon me</li> </ul>	Trust, Peace