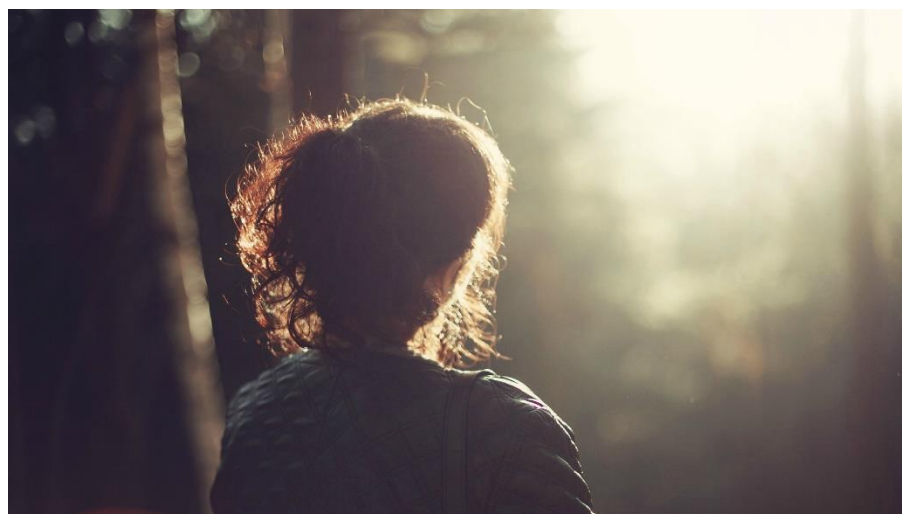


State of Mind

How can we work to keep a perfect state of mind?



- **Rely on the mind of Christ.**

“For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.” 1 Corinthians 2:16

- **Put on the new man.**

“That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness.” Ephesians 4:22-24

- **Don't allow the world to shape your mind and your decisions.**

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

- **Think like a Christian.**

“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.” Philippians 4:8

- **Love God with all of your being.**

“And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment.” Mark 12:30

- **Trust in the Lord.**

“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.” Isaiah 26:3

Discussion Questions:

(Ask the questions aloud to get feedback.)

- *What are some things that trouble the state of your mind?*

(Anything that bothers us to a point that it affects us. Could be financial worries, trouble with our spouses, work issues, etc.)

- *How do you think you can resolve those things that trouble you from taking over your mind and life?*

(Make it a matter of prayer, read God's Word, etc.)

- *The new man should reflect "righteousness and true holiness". (Ephesians 4:24) What are some ways we as Christians manifest this?*

(Show the love of Christ, not get caught up in sinful ways, bear the fruit of the Spirit, etc.)

- *Fatigue can affect your state of mind. What ways can you rest physically and in the Lord to ease your mind?*

(Get enough physical sleep, slow down, keep spiritually fit, pray, read the Bible, have faith, learn to trust God's Word, etc.)

- *Do you have any trigger factors that change the whole state of your mind?*

(getting stuck in traffic, feeling closed in, opposition at work, someone not agreeing with you, stressful relationships, fight with spouse or children, accidents, etc.)

- *What can you put into place to tone down those triggers?*

(Rely on the Lord, pray, recall a Bible verse, sing a praise song, take a deep breath, count slowly to 10, change your position, change the scenery or go elsewhere, concentrate on the needs of others, etc.)

- *How are we supposed to love the Lord according to Mark 12:30?*

(With all of our being – all of our heart, soul, and mind)

- *What will we have when we are concentrating on God according to Isaiah 26:3?*

(Peace)



Personal Checkup

What is the state of your mind?

On a typical day, what are you feeling?

Circle one answer for each that you feel describes your most consistent mood.

blessed or unblessed

calm or irritated

cheerful or depressed

confident or afraid

content or dissatisfied

courageous or cowardly

encouraged or discouraged

happy or unhappy

obedient or rebellious

optimistic or pessimistic

peaceful or troubled

pleased or angry

rational or irrational

rested or exhausted

satisfied or unsatisfied

strong or fragile

trustful or doubtful

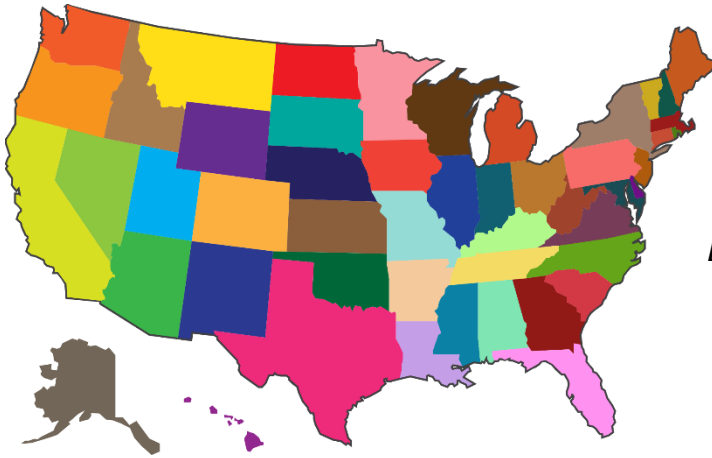
carefree or anxious

What state of mind do you have the most trouble with that makes you not want to manifest that “new man” in Christ?

What are some steps you can take to work on this?

Write out a prayer to ask the Lord to help you in this area.

Dear Lord,



State of M-I-N-D Game

Let's think and use our minds a little!

- **M** - Name the 8 states that begin with the letter "M"

- **I** - Name the 4 states that begin with the letter "I"

- **N** - Name the 8 states that begin with the letter "N"

- **D** - Name the only state that begins with the letter "D"

Total your score: _____

State of Mind - Answers:

Maine
Maryland
Massachusetts
Michigan
Minnesota
Mississippi
Missouri
Montana

Idaho
Illinois
Indiana
Iowa

Nebraska
Nevada
New Hampshire
New Jersey
New Mexico
New York
North Carolina
North Dakota

Delaware