

Putting
your life
together





- Mk 12:29 “The most important one (command)” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one.³⁰ Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

Putting your life together



- Love God with all of who you are
- Love God in and with your strength
- Today: Love God with your mind.

A Sound Mind



- 2 Tim 1:7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. KJV
- ⁶ For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. ⁷ For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. ⁸ So do not be ashamed of the testimony about our Lord or of me his prisoner. Rather, join with me in suffering for the gospel, by the power of God. NIV

A Sound Mind



- William Barclay says “ “There was self discipline. The word is *sophronismos*, one of these great Greek untranslatable words. Someone has defined it as “the sanity of saintliness.” Falconer defines it “control of oneself in the face of panic or of passion. It is Christ alone who can give us that self – mastery which will keep us alike from being swept away and from running away.”

A Sound Mind



- 1. Following the credible teachings of Jesus' new covenant results in sanity
- 2. The ability to be in control (of yourself) in the face of
 - Passion
 - Panic

A Sound Mind



- 1. Following the credible teachings of Jesus' new covenant results in sanity

A Sound Mind



- 1. Following the credible teachings of Jesus' new covenant results in sanity
 - Positive view of the self
 - Capability for growth and development
 - Autonomy and independence
 - Accurate perception of reality
 - Positive friendships and relationships
 - Environmental mastery – able to meet the varying demands of day-to-day situations
- from Saul McLeod, Simply Psychology*

A Sound Mind



1. Following the credible teachings of Jesus' new covenant results in sanity

Be

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Gentleness
- Self-control

Do

- The ability to wash another's feet; putting them first
- Generosity
- Do unto others
- Love your neighbor
- Freedom from "performing"
- Every person is of value
- Encouraged to make good choices

A Sound Mind



- 2. The ability to be in control (of yourself) in the face of passion
 - Sexual drive is built within humanity
 - Different times
 - Sexually transmitted diseases; no antibiotics
 - Some STDs can have severe, life-changing consequences; syphilis, for example, can eventually cause progressive destruction of the brain and spinal cord, leading to mental dysfunction and hallucinations

By Dr Ananya Mandal, MD

A Sound Mind



- 2. The ability to be in control (of yourself) in the face of passion

Prov 7:22 All at once he followed her (the adulterous woman)
like an ox going to the slaughter,
like a deer stepping into a noose,

23 till an arrow pierces his liver
like a bird darting into a snare,
little knowing it will cost him his life

24 Now then, my sons, listen to me;
pay attention to what I say.

25 Do not let your heart turn to her ways
or stray into her paths.

26 Many are the victims she has brought down;
her slain are a mighty throng.

27 Her house is a highway to the grave,
leading down to the chambers of death.

A Sound Mind



- 2. The ability to be in control (of yourself) in the face of panic
- ^{Jn 20:19} On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, “Peace be with you!” ²⁰ After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.
- ²¹ Again Jesus said, “Peace be with you! As the Father has sent me, I am sending you.” ²² And with that he breathed on them and said, “Receive the Holy Spirit. ²³ If you forgive anyone’s sins, their sins are forgiven; if you do not forgive them, they are not forgiven.”

A Sound Mind



- 2. The ability to be in control (of yourself) in the face of panic
 - The Holy Spirit brings peace
 - The Holy Spirit indwells (inside; never leaves)
 - Fear is the main weapon that attacks a sound mind
 - We envision the reason to fear is right outside the door,
 - “What if’s”
 - Everybody fears; everybody worries
 - Jesus offers peace;
 - Do we choose to receive it?

A Sound Mind



- 2. The ability to be in control (of yourself) in the face of panic
 - A Word about mental illness
 - Be careful to not ascribe all mental illness to the devil
 - Some have been damaged by people they trusted, broken, were born with limitations, incapacitated,
 - All are still loved by God. They need help, mercy, compassion, not condemnation
 - They are often unable to face panic or fear

A Sound Mind



- What about the person who has a healthy, sharp, well reasoned mind?
- Submit it
- Love the Lord your God with all your mind!
- Be careful what you put into it.
- Feed it well.
- Protect it. Guard it. Be careful of the allure of “abnormal” experiences.

So What?



- Love God with ALL of your mind
 - Not just the Sunday morning parts
 - Not just the devotional times
- Be careful about compartmentalizing your mind
- Open every file drawer, every file folder to God
 - What makes you hot with passion
 - What makes you fearful with panic
 - Read the Bible
 - Do the Bible
 - Receive the Holy Spirit into your life and live in Him





















