

Ivy Baptist Church
Bible Study
“Master Your Mind: Renewing Your Mind to Please God Pt. 3”
March 15, 2023

Goals for the Series:

1. To understand the POWER of our minds!
2. Personal Reflection: How do my thoughts impact my relationship with Christ?

Review: BIBLICALLY, what is the Mind?

- In a GENERAL SENSE: The sum total of a person’s mental and moral state of being

Review: Key Thoughts on the Mind

- The average person processes 70,000 thoughts per day
- Most of these thoughts come from the culture, which is TRASH
- Walking with God means CLEANING OUT THE TRASH in our minds!

Opening Thought: 1 Corinthians 6:12

- All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any. (NKJV)
- You say, “I am allowed to do anything” but not everything is good for you. And even though “I am allowed to do anything” I must not become a slave to anything. (NLT)

The Impact of Culture on our Minds:

- **Alcohol:** Alcohol interferes with the brain’s communication pathways and can affect the way the brain looks and works. Alcohol makes it harder for the brain areas controlling balance, memory, speech, and judgment to do their jobs, resulting in a higher likelihood of injuries and other negative outcomes (Source: NIAA.nih.gov)
- **Marijuana:** Substantial evidence from animal research and a growing number of studies in humans indicate that marijuana exposure during development can cause long-term or possibly permanent adverse changes in the brain
- It depends on when someone starts and how long they used it (Source: NIDA.nih.gov)
- **Gambling:** Studies have shown that the release of dopamine during gambling occurs in brain areas similar to those activated by taking drugs of abuse. In fact, similar to drugs, repeated exposure to gambling and uncertainty produces lasting changes in the human brain. (Source: Theconversation.com)

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- **Pornography:** Research has shown that pornography use is correlated with physical changes in the brain. The visual stimulus of pornography hijacks the brain's reward system and overwhelms it with unnatural prolonged dopamine levels. The result is the brain physically deteriorating in shape, size and chemical balance. (Source: www.endsexualexploitation.org)
- **Exposure to Violence:** Exposure to violence is associated with elevated risk for a wide range of mental health problems in children and adolescents, including depression, anxiety, and post-traumatic stress disorder
- Violence exposure: TV, Social Media, Music and in the home/families (Source: www.sdlab.fas.harvard.edu)
- **Key: Alcohol, Marijuana, Gambling, Pornography and violence are all LEGAL (in most cases), but they aren't BENEFICIAL for us and can lead to addictions (1 Corinthians 6:12)**
- **POSITIVE Key:** Doing 30 minutes or more of exercise a day for 3-5 days a week may SIGNIFICANTLY improve depression or anxiety symptoms. But smaller amounts of physical activity, as little as 10-15 minutes at a time may make a difference.
- Those with more severe anxiety and depression may still require medication
- Source: mayoclinic.org

Colossians 3:1-11: Key Points:

- **Colossians 3:2: Set your minds on things above, not earthly things**
- Set: Greek: phroneo (fro-nay-oh): To keep on giving serious consideration to something
- We are to keep giving serious consideration to SPIRITUAL things
- **Colossians 3:5: Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry**
- It's on ME to KILL whatever causes my mind NOT focus on SPIRITUAL things!
- **Colossians 3:8: But now you must also rid yourselves of all such things as these: anger, rage, malice, slander and filthy language from your lips.**
- All of these in verse 8 start with a THOUGHT! GET RID OF THE THOUGHTS!
- **Colossians 3:9-10: Do not lie to each other, since you have taken off your old self with its practices 10 and have put on the new self which is being renewed in the knowledge and image of its Creator**
- To take off your "old self" and put on your "new self" FIRST STARTS IN THE MIND!

Final Thoughts:

- It may be legal in our culture but that doesn't mean it's HEALTHY for your mind!
- True believers MUST give CONSTANT and SERIOUS consideration to GOD and His Word!

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