

Ivy Baptist Church
Bible Study
“Master Your Mind: Renewing Your Mind to Please God Pt. 4”
March 22, 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

The Impact of Positive Thoughts:

- People with a family history of heart disease who also had a positive outlook were 1/3 LESS LIKELY to have a heart attack or other cardiovascular event within 5-25 than those with a more negative outlook
- Negative thoughts and emotions can weaken immune response
- There is a STRONG link between “positivity” AND HEALTH
- **Source: Hopkinsmedicine.org**

- Positive thinking is good for the immune system, reduces anxiety and increases positive emotions such as happiness
- When your life feels completely out of control this powerful habit can set into a motion a chain of events over which you have complete and total control
- **Source: medium.com (author: Lisa Woods)**

- The Health benefits of positive thinking:
 - Increased life span
 - Lower rates of depression
 - Lower levels of distress and pain
 - Reduced risk of death from cancer
 - Better coping skills during times of stress
- **Source: Mayoclinic.org**

How to eliminate negative thinking:

- Stop magnifying the negative things and minimizing the positive things
- Stop automatically blaming yourself when something bad happens
- Stop anticipating the worse when something happens especially when you don’t have all the details!
- **Source: mayoclinic.org**

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Thoughts on Proverbs 12:25: “Anxiety in the heart of man causes depression, But a good word makes it glad (NKJV)”

- Anxiety/Stress not only impacts our minds but also our HEARTS!
- KIND WORDS HELP OUR HEARTS AND MINDS!
- What words are you speaking OVER YOURSELF AND OTHERS?

Thoughts on Mark 2:8: “Immediately Jesus knew in His spirit that this was what they were thinking in their hearts, and He said to them, “Why are you thinking these things? (NIV)”

- Jesus knew what they were THINKING in their HEARTS!
- Our thoughts IMPACT OUR HEART, WHICH impact ALL PARTS OF US!
- You can't FULLY change your heart without FIRST changing your MIND/THOUGHTS

Thoughts on Proverbs 4:26-27: “Give careful thought to the paths for your feet and be steadfast in all your ways. 27 Do not turn to the right or left; keep your foot from evil (NIV)”

- THINK CRITICALLY about what you are doing AND WHERE you are going BEFORE YOU DO IT!
- Think about how you can be CONSISTENT (STEADFAST) in ALL your ways!
- Think about not doing evil!

Final Thoughts on the Series:

- Your walk with God will ONLY go as far as your CHANGED MIND
- We have to be INTENTIONAL and DELIBERATE about what we think about and what we ALLOW into our minds
- Our minds can impact ALL other aspects of our life; for the good AND BAD

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