

## 1 It's All in Your Head

### 2 Introduction

- Whatever problem you have, it's all in your head.
  - I don't mean that the problem doesn't have some external reality.
  - I don't mean that you're making it up or that you're faking it.
- What I mean is what the Scripture teaches: For as man thinketh in his heart, so is he. (Proverbs 23:7 KJV)

### 3 Thoughts

- In other words . . .
  - Your thoughts become you.
  - Your attitudes define you.
  - Your mental habits shape you.
  - What's going on in your head governs what you do, how you live.
  - As you think, so you are.
  - It's all in your head.

### 4 The Battlefield

- Once you were alienated from God and were enemies in your minds because of your evil behavior. (Colossians 1:21 NIV)
- Here's the logic of this passage. What alienates us from God is evil behavior—our self-centeredness, our choosing things that aren't in line with the heart of God.
- Paul says this enmity—this alienation—has produced a hostility that goes on in our minds toward God that Satan seeks to exploit for his own purposes.
- In other words, rebellion and rebellious attitudes are first and foremost psychological.

### 5 Sermon on the Mount

- “You have heard that it was said to the people long ago, ‘Do not murder, and anyone who murders will be subject to judgment.’ But I tell you that anyone who is angry with his brother will be subject to judgment.” (Matthew 5:21-22 NIV)
- “You have heard that it was said, ‘Do not commit adultery.’ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.” (Matthew 5:27-28 NIV)

### 6 Interpretation

- Jesus is pushing holiness beyond the behavioral and into the psychological—into the innermost place of who we are. When Jesus speaks of the psychological, he uses the Greek word that means "soul."

- He is talking about the innermost part of you that sees, perceives, thinks, and judges.
- In other words, He is saying it's all in your head.
- This is why the idea of repentance literally means to change your mind or to stop thinking the way you're thinking and start thinking the way God thinks.

## 7 The Mind of Christ

- In 1 Corinthians, chapter 2, the Apostle Paul describes a wisdom—a secret wisdom that comes from the Spirit that teaches us the deep things of God.
- This wisdom is also a hidden wisdom and is only given to those who are “in Christ,” and becomes fully developed and understood by those who are mature.
- This secret wisdom that helps us to know and discern God’s will is called by the Apostle Paul, “the mind of Christ.”

## 8 The Mind of Men

- We do, however, speak a message of wisdom among the mature, . . . (1 Corinthians 2:6 NIV)
- Brothers, I could not address you as spiritual but as worldly — mere infants in Christ. I gave you milk, not solid food, for you were not yet ready for it. Indeed, you are still not ready. You are still worldly. For since there is jealousy and quarreling among you, are you not worldly? Are you not acting like mere men? (1 Corinthians 3:1-3 NIV)

## 9 The Mind of God

- Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God — this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is — his good, pleasing and perfect will. (Romans 12:1-2 NIV)
- The logic in this verse is this, as we worship the Lord by living holy and pleasing lives before Him, we enter into a special spiritual relationship with the Lord where our spirits have communion.
- Out of this special state of spiritual communion, our minds are renewed because we come to know and understand the thoughts of God.

## 10 Maturity

- The word of God inspires us and communicates to us how to live out a holy life, so that we can have a relationship with a holy God.

- We're sinners in need of salvation and must repent.
- Accept Jesus Christ and become His disciple.
- Receive the Holy Spirit that leads us into all truth.
- As we start walking with God, the Spirit of God that knows the mind of God, shares that knowledge with our spirit, so that our minds can be renewed and therefore, keep ourselves in God's love.
- Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming. . . . grow up into him who is the Head, that is, Christ. (Ephesians 4:14-15 NIV)

## 11 Maturity

- In the book of Hebrews, the author is showing a little bit of frustration with some of those in the church.
- We have much to say about this (holding firmly to the faith we profess), but it is hard to explain because you are slow to learn. (Hebrews 5:11 NIV)
- He goes on to say, . . . by this time you ought to be teachers. (Hebrews 5:12 NIV)
- Instead, they need milk and taught the elementary truths of God's word all over again. (Hebrews 5:12 NIV)
- He wishes he could give them solid food, but this type of spiritual nourishment is only for the mature—who through practice of the elementary truths have come to know and discern the thoughts of God.

## 12 Communion with God

- When we walk out the elementary truths of God's word we should expect to start hearing God speak to us in that soft still voice.
- The surprising thing is that when the Spirit speaks to us, he is very gentlemanly and will nudge us, tap us on the shoulder, and whisper to us.
- He is not a bully and will not force himself on us.
- As long as we listen to him and head in the direction He leads us, he'll persevere with us even though we may not be perfect.
- However, if we resist His voice and suppress His guidance, our minds won't be renewed and we'll continue doing stupid stuff that alienates us from enjoying the presence of God in our lives.

## 13 Stewards of Our Thoughts

- Normally, when we think of stewardship we think of how we can best manage our money for the glory of God.
- But in many ways, we'll never master material stewardship, if we don't deal with what's in our head.
- Just as we have a kingdom responsibility to manage the material things that God gives us, so we have a kingdom responsibility to manage the immaterial things he gives.
- I want to give you four things you can do to help you become better stewards of your thoughts—four ways to work with the Spirit in shaping the way you think.

#### 14 Kingdom Responsibilities

- The first recommendation is to repent.
  - Change your mind. That is what “repent” literally means.
  - Stop thinking in ways that you know are unproductive and out of line with the kingdom of God
- The second recommendation is to demolish strongholds in your mind.
  - According to 2 Corinthians 10, strongholds are the established, entrenched ways of thinking, acting, and reacting that are in opposition to the ways of God.
  - One of the most common strongholds is unforgiveness. It is such a deadly poison that it can cause everything from mental depression to the weakening of our immune system, which can then cause other health problems such as ulcers, arthritis, and cancer.

#### 15 Kingdom Responsibilities

- The third thing you need to do to become a better steward of your thoughts is to start worshipping God.
  - While it may include the singing of hymns and the playing of music, it is really much more.
  - Worship is us living a life that is pleasing to God (24/7). (See Romans 12:1–2)
  - When we worship the Lord, we have communion with God and in this relationship we come to know God.
  - So why in the world, would we limit the worship of God to something we only do once per week.

#### 16 Kingdom Responsibilities

- The fourth and final thing you need to do to become a better steward of your thoughts is to rebuild a different kind of world in your mind by reading God's Word.
  - See Psalm 1:1–3

- The person who lets the Word wash over them and take hold of them, . . . will make it a lot easier for the Holy Spirit to lead and guide them, why? Because the scriptures contain the mind and thoughts of God.
- And if someone meditates on the word of God, they will become skilled in applying it.
- And if someone becomes skilled in applying God's word they will grow in the knowledge of God as well because they will be in communion with God.

## 17 Spiritual Stewardship

- Today when I awoke, I suddenly realized that this is the best day of my life, ever.
- There were times I'd wondered if I'd ever make it to today, but I did. And because I did, I'm going to celebrate.
- Today I'm going to celebrate what an unbelievable life I have—the accomplishments, the many blessings, and, yes, even the hardships that have come into my life, because they have served to make me stronger.

## 18 Spiritual Stewardship

- I'll go through this day with my head held high and a happy heart. I'll marvel at God's seemingly simple gifts—morning dew, sun, clouds, trees, flowers, birds.
- Today none of these miracles will escape my notice.
- Today I will share my excitement for life with other people. I'll make someone smile. I'll go out of my way to perform an unexpected act of kindness for someone I don't even know.

## 19 Spiritual Stewardship

- Today I'll give a sincere compliment to someone who seems down.
- I'll tell a child how special she is, and I'll tell someone I love just how deeply I care for them and how much they mean to me.
- Today is the day I'll quit worrying about what I don't have and start being grateful for all the wonderful things God's already given me.

## 20 Spiritual Stewardship

- I remember that to worry is just a waste of time, because my faith is in God and his divine plan, and that assures everything's going to be fine.
- And tonight before I go to bed, I'll go outside and I'll raise my eyes to the heaven. I'll stand in awe at the beauty of the stars and the moon. I'll praise God for all this magnificence.

## 21 Spiritual Stewardship

- As the day ends and I lay my head down on my pillow, I'll thank God for the best day of my life, and I'll sleep the sleep of contentment, of a contented child, excited with expectation, because I know tomorrow is going to be the best day of my life ever.
- This could be the best day of your life—and tomorrow and the day after that.
- It's all in your head.