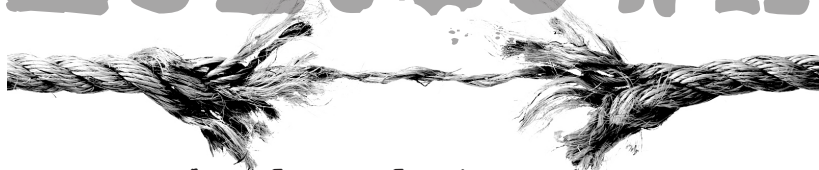


# **losing your mind & finding the mind of Christ**



## **a hopeless, glorious mix-up**

I praise you because I am fearfully and wonderfully made;  
your works are wonderful, I know that full well.

Psalm 139:14

Love the Lord your God with all your heart and with all your soul  
and with all your mind and with all your strength.

Mark 12:30

## **lizard brain**

Those who live according to the sinful nature have their minds set on what that nature desires... <sup>6</sup>The mind of sinful man is death...<sup>7</sup>the sinful mind is hostile to God. It does not submit to God's law, nor can it do so.

<sup>8</sup>Those controlled by the sinful nature cannot please God.

Romans 8:5a; 6a; 7-8

## **survival mode options**

**fight**      **flight**      **freeze**      **float**

## **what causes lizard brain?**

- **Stress**
- **Fear**
- **Lack of Breath/Margin** - no rest, busyness
- **Grief**
- **Pressure and Competition**
- **Pain**
- **Certainty**
- **Poor Eating and Lack of Exercise**
- **Loneliness**

## **the fruit of lizard brain**

- **Explosive Emotions**
- **Compulsive Behaviors**
- **Social Isolation**
- **Reactive Living**
- **Physical Breakdown**
- **Unexamined Patterns** – Thoughts, Actions, Behaviors
- **Mental Chaos**
- **MELTDOWN!**

## **the power of perspective**

The spiritual man makes judgments about all things, but he himself is not subject to any man's judgment: <sup>16</sup>“For who has known the mind of the Lord that he may instruct him?” But we have the mind of Christ.

I Corinthians 2:15-16

Set your minds on things above, not on earthly things.

Colossians 3:2

## **what creates perspective?**

...but the mind controlled by the Spirit is life and peace;

Romans 8:6b

But we have the mind of Christ.

I Corinthians 2:16b

## **rest**

## **healthy living**

## **spiritual formation**

**focus - Worship & Prayer**

**attitude - Meditation**

**reflection - Scripture Memory**

**awareness - Friendship**

**growth - Theological Reflection**

## **the fruit of perspective**

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup>gentleness, self-control; against such things there is no law.

Galatians 5:22-23

- **Understanding of Emotions**
- **Controlled Behaviors**
- **Healthier Relationships**
- **Proactive Living**
- **Physical Health**
- **New Patterns** – Thoughts, Actions, Behaviors
- **Mental Clarity**
- **GROWTH**

## **next steps**

September 17/18, 2011