

losing your mind & finding the mind of Christ



The spiritual man makes judgments about all things, but he himself is not subject to any man's judgment: ¹⁶"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

assumptions i make when striving for clarity

The heart is deceitful above all things and beyond cure.

Who can understand it?

¹⁰ "I the LORD search the heart and examine the mind..."

Jeremiah 17:9-10a

- **"I don't get it."**
- **"My feelings are important."**
- **"My memories are not as trustworthy as I think."**
- **"I tend to oversimplify in a world that's very complex."**
- **"I tend to prefer a story to statistical facts."**
- **"Writing helps clarify the issues."**
- **"I need other people's perspectives."**
- **"I need God's perspective."**

prayer

Holy Spirit, Jesus sent you to walk with me and speak to me. You are the great giver of perspective and clarity. Create in me the mind of Christ that I may see things clearly as Christ sees them. Give me His eyes and the courage to look at and understand things as they really are; especially in myself. Give me a proper focus and healthy attitude. In the name of Jesus. Amen.

**five behaviors which
change perspectives & create clarity**
**1 focus 2 attitude 3 reflection
4 awareness 5 growth**

focus

- **Focus is hard in a world of distraction**
- **Focus determines direction**
- **Focus creates priority**
- **Focus is a choice**

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

Colossians 3:2

Rejoice in the Lord always; again I will say, rejoice! ⁵ Let your gentle spirit be known to all men. The Lord is near. ⁶ Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. ⁹ The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

Philippians 4:4-9 (NASB)

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. ² Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

Hebrews 12:1-3

attitude

- **Attitude flows from focus**
- **Attitude is a choice**
- **Attitude flavors the environment**
- **It takes courage to choose a healthy attitude**

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³ to be made new in the attitude of your minds; ²⁴ and to put on the new self, created to be like God in true righteousness and holiness.

Ephesians 4:22-24

Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; ⁴ do not merely look out for your own personal interests, but also for the interests of others. ⁵ Have this attitude in yourselves which was also in Christ Jesus, ⁶ who, although He existed in the form of God, did not regard equality with God a thing to be grasped, ⁷ but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men.

⁸ Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross.

Philippians 2:3-8 (NASB)

next steps

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