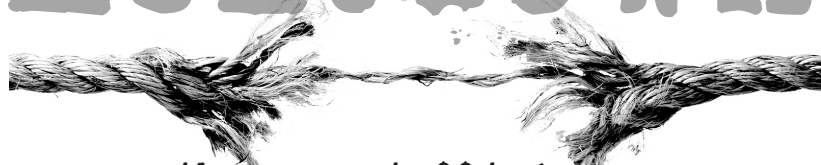


losing your mind & finding the mind of Christ



the wrong stuff to ignore

Search me, O God, and know my heart;
test me and know my anxious thoughts.

²⁴See if there is any offensive way in me, and lead me in the way everlasting.
Psalm 139:23-24

reflection

Reflection takes time

Reflection requires rest and health

Reflection takes courage

Examine yourselves to see whether you are in the faith; test yourselves.
Do you not realize that Christ Jesus is in you —
unless, of course, you fail the test?
2 Corinthians 13:5

prayer for reflection:

*Holy Spirit, as I reflect, I ask you to create
in me an attitude of humility that allows me to be open and objective.
Give me eyes to observe those things you want me to see.
Give me a new understanding, clarity of thought and clear direction.
I want to be a better person - whole and holy. Lead me to set my mind on things
above and to have the mind of Christ. I place my life in your hands. Amen.*

awareness

Awareness requires openness

Awareness requires observation

Awareness requires objectivity

By the grace given me I say to every one of you:
Do not think of yourself more highly than you ought,
but rather think of yourself with sober judgment,
in accordance with the measure of faith God has given you.
Romans 12:3

A man ought to examine himself
before he eats of the bread and drinks of the cup.

²⁹For anyone who eats and drinks
without recognizing the body of the Lord
eats and drinks judgment on himself.

³⁰That is why many among you are weak and sick,
and a number of you have fallen asleep.

³¹But if we judged ourselves, we would not come under judgment.
1 Corinthians 11:28-31

growth

Growth takes courage

Growth is hard work

Growth is an adventure

Not that I have already obtained all this,
or have already been made perfect,
but I press on to take hold of that
for which Christ Jesus took hold of me.

¹³Brothers, I do not consider myself yet to have taken hold of it.
But one thing I do: Forgetting what is behind
and straining toward what is ahead,

¹⁴I press on toward the goal to win the prize
or which God has called me heavenward in Christ Jesus.

¹⁵All of us who are mature should take such a view of things.
And if on some point you think differently,
that too God will make clear to you.

¹⁶Only let us live up to what we have already attained.
Philippians 3:12-16

But solid food is for the mature, who by constant use
have trained themselves to distinguish good from evil.
Hebrews 5:14

Consider it pure joy, my brothers,
whenever you face trials of many kinds,

³because you know that the testing of your faith develops perseverance.

⁴Perseverance must finish its work so that you may be
mature and complete, not lacking anything.
James 1:2-4

next steps