

## **A Sound Mind**

2 Timothy 1:7

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

A sound mind:

A sound mind! Is there anything more important to us as flesh and blood beings? Some would say health, but without emotional health, life loses its passion. Many things affect our mental and emotional health. There are legitimate medical causes which can affect our emotional well-being, but what are the causes and effects we can control. Because many physical causes begin with our attitudes and state of mind.

It's a medical fact that stress can cause physical problems. It has been directly linked to ulcers, high blood pressure, strokes, heart attacks, breakdowns in our immune systems, and many other symptoms. If we treat the symptoms, but never address the root cause, we are fighting a losing battle.

Stress is like juggling. Almost anyone can keep one ball in motion. Most people can keep two balls in the air. A few people can coordinate three. As each new ball is added, it requires more skill and concentration from the juggler. Some performances are mind-blowing. There are jugglers who can keep twelve balls up, but those types of coordinated people are rare. However, even the most skilled juggler has limitations. Toss in one ball too many and what happens?

If something is done which overloads the juggler's concentration then what happens?

What would happen if the juggler wasn't allowed to stop? Eventually the balls are coming down. It's not if; it's when. It will either be a graceful ending, or a collapse - and all the balls will be bouncing in every direction.

What if something unexpected comes in and rams the juggler? There isn't enough skill to keep juggling when someone is unexpectedly knocked off their feet.

This is your life. You may be skilled at multitasking. You may be someone who can handle a lot of stress. Or you may be the one ball juggler that doesn't.

A sound mind is very essential and important in living the Believers life. Right thinking leads to correct Living. The heart refers to our emotions and feelings whereas the mind refers to our thoughts, thinking, imaginations, comprehension and logical reasoning. Having a sound mind is very important because we move, make decisions and act according to the perception and comprehension of the mind. As the saying goes “ What you think .. you are “ and our eternity depends on “ What think ye of Christ ? The believer should earnestly pray for a sound mind.

There are certain characteristics of a sound mind.

A Sound mind is a pure mind.

A sound mind is washed and purged by the blood of Christ.

A sound mind is a renewed mind.

A sound mind is a humble mind.

A sound mind focuses on Christ and on things above.

A sound mind is a powerful mind.

A sound mind is able to discern between evil and good, between good and best.

A sound mind is able to discern God's will and Spiritual things.

A sound mind is able to discern Satan's influences.

A Sound mind is a positive Mind.

A sound mind is optimistic and joyfully looks forward to the future.

A sound mind feeds on Christ's own inspired words.

A sound mind meditates on the Word of God.

You will find these characteristics in your Bibles.

Satan, our adversary has blinded and corrupted the minds of the world, and he wants the believers to have a confused mind. Let us then humbly and diligently ask our Lord and Savior to sustain us by His grace and give us a sound mind.