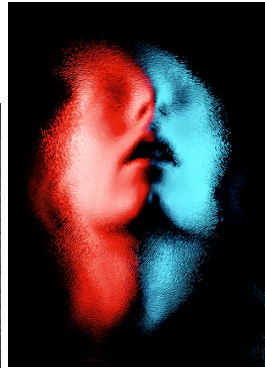


Mind Matters: to God Day #2



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Mind Matters: to God Day One:

Programme:

- 10:00: Part 1 - **How do you know?**
- 10:40: Break
- 10:50: Part 2 - **Intelligent Temptation!**
- 11:20: Break
- 11:30: Part 3 - **The Mind of Christ**
- 12:00: Break
- 12:10: Part 4 - **Prayer Appointments / worship**
- 12:25: Part 5 - **The Mind: Renewed or Removed**
- 12:55: Close



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Mind Matters: to God Day Two:

Programme:

- 10:00: Part 6 - **The Mind and the Spirit**
- 10:40: Break
- 10:50: Part 7 - **A Healthy Mind**
- 11:20: Break
- 11:30: Part 8 - **Defending Your Mind**
- 12:00: Break
- 12:10: Part 9 - **Prayer Appointments / worship**
- 12:25: Part 10 - **Dedicated Mind : Holy Communion**
- 12:55: Close



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Mind Matters: to God

Six: The Mind and the Spirit



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Mind Matters: to God / Mind vs Spirit

- Where do you start from?
 - Mind or Spirit focused?
 - Or both?
-
- It is not about:
 - Good or bad
 - Right or wrong
 - Spiritual or unspiritual
 - Better or best



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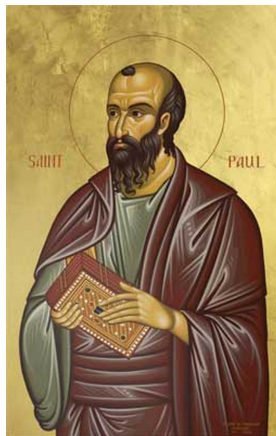
Mind Matters: to God / Philippians 3

Further, my brothers and sisters, rejoice in the Lord! It is no trouble for me to write the same things to you again, and it is a safeguard for you. **2** Watch out for those dogs, those evildoers, those mutilators of the flesh. **3** For it is we who are the circumcision, we who serve God by his Spirit, who boast in Christ Jesus, and who put no confidence in the flesh— **4** though I myself have reasons for such confidence. If someone else thinks they have reasons to put confidence in the flesh, I have more: **5** circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; **6** as for zeal, persecuting the church; as for righteousness based on the law, faultless.

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Mind Matters: to God / Paul conformed

- Confidence
- Ritual
- Piety - Observance
- Heritage
- Status
- Learning
- Position
- Performance
- Rightness



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Mind Matters: to God / Romans 8: 5-10

5 Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. **6** The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. **7** The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. **8** Those who are in the realm of the flesh cannot please God. **9** You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. **10** But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness.

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Mind Matters: to God / Romans 8: 5-10

- The 'natural' mind wants to assert its independence from God
- As the product of sin - it demands 'self' sits on the throne

5 minds set - to interest oneself in / fix the affection / to direct towards

6 mind governed - inclined mentally towards

7 mind...hostile to God - hatred/opposing

Promise - v6 life and peace...zoe/eireen

Encouragement - v10 But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness.

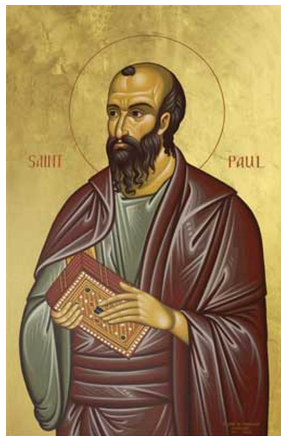
Mind Matters: to God / Paul transformed

Philippians 3

7 But whatever were gains to me I now consider loss for the sake of Christ. 8 What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ 9 and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith

Mind Matters: to God / Paul transformed

- Confidence
- Ritual
- Piety - Observance
- Heritage
- Status
- Learning
- Position
- Performance
- Rightness



Mind Matters: to God

Seven: A Healthy Mind



Mind Matters: to God / Philippians 4

4 Rejoice in the Lord always. I will say it again: Rejoice! **5** Let your gentleness be evident to all. The Lord is near. **6** Do not be anxious about anything, **but** in every situation, by prayer and petition, with **thanksgiving**, present your **requests to God**. **7** And the peace of God, which transcends all understanding, **will guard your hearts and your minds** in Christ Jesus.

8 Finally, brothers and sisters, **whatever is true**, whatever is **noble**, whatever is **right**, whatever is **pure**, whatever is **lovely**, whatever is **admirable**—if anything is **excellent** or **praiseworthy**—**think** about such things. **9 Whatever** you have **learned or received or heard** from me, or seen in me—**put it into practice**. And the **God** of peace will be with you.

Mind Matters: to God

- Sabbath
- Mini-sabbath
- Liturgy
- Focusing in the free zone
- Gratitude
- Contemplative lifestyle



Mind Matters: to God

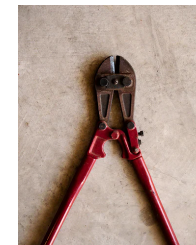
Contemplative lifestyle

- awakening and surrendering to God's love in any and every situation
- positioning ourselves to hear God and be aware of his presence
- communing with God; his presence dwelling in us fully
- practicing silence, solitude and ceaseless prayer
- understanding earthly life is a journey of transformation into His image
- finding our true identity in God
- living from a balanced rhythm of life aware of the sacred in all life
- loving others out of the life of the love of God

Mind Matters: to God

Contemplative lifestyle

- Receive the gift of slowing down - body, mind and spirit
- Receive the gift of anchoring in God's love
- Receive the gift of breaking free from illusions

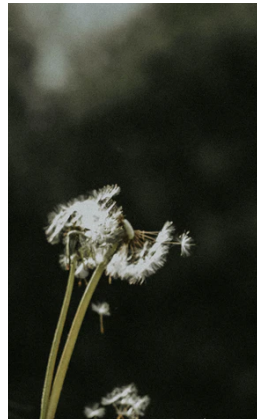


Mind Matters: to God

How God communicates

“God speaks to our imagination”

- A thought to your mind (followed by doubt)
- A picture – visual image in you mind/spirit
- An inner knowing
- Impression – sometimes unusual
- Scripture – truth specific for now
- Creation
- Other people
- Spiritual gifts – tongues, interpretation, prophecy
- Dreams – memorable & clear
- Visions – interactive revelation



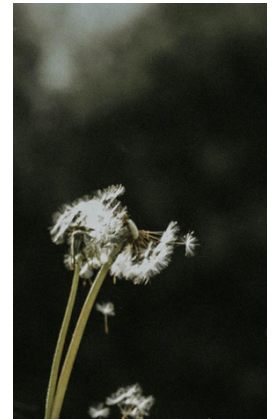
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Mind Matters: to God

How God communicates

“God speaks to our imagination”

- receive
- interpret
- apply



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Mind Matters: to God

Eight: Defending the Mind



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The Mind Matters: to God

Proverbs 4:23

Above all else, guard your heart, for everything you do flows from it.

Proverbs 23:7

For as he thinks in his heart, so *is* he.

Cogito, ergo sum - Rene Descartes



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Mental Illness

- 1:4 in the UK experience a mental health problem each year.
- Most common mental health problem in UK is a mixed anxiety and depression
- 1:6 people in England will experience a common mental health problem (eg anxiety or depression) in any given week
- Estimated 20% working days are lost as a result of mixed anxiety and depression



Mental Conditions

Common types of mental conditions

- Mood disorders
- Depression/Anxiety
- Panic
- Bipolar disorders
- OCD
- Psychosis



Mental Conditions

Signs and symptoms:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries,
- Extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy or problems sleeping



Mental Conditions

- Detachment from reality
- Inability to cope with daily problems or stress
- Trouble understanding/relating to situations/people
- Problems with alcohol or drug use
- Major changes in eating habits
- Sex drive changes
- Excessive anger, hostility or violence
- Suicidal thinking



The church...what to do?

Acknowledge that it can happen to anyone

- Including children/young people

Acknowledge life can sometimes be difficult anyhow

Presence

Listening

Unconditional, non-judgmental acceptance

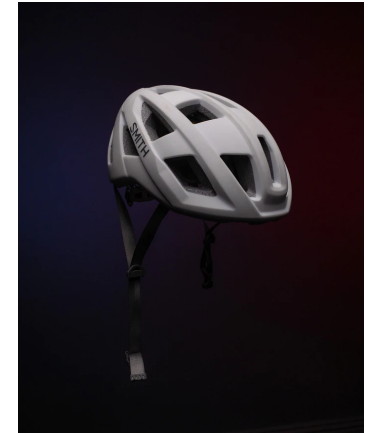
Nurture understanding

Appropriate 'professional' help



Mind Matters: to God

- Act before the event -
- Discern your battle -
- Separate the different arenas -
- Think 'boxes' -
- Don't go it alone - (1 word/no explanation)
- Have an anchor - do this...now
- Keep a 'go' bag - what is in mine?

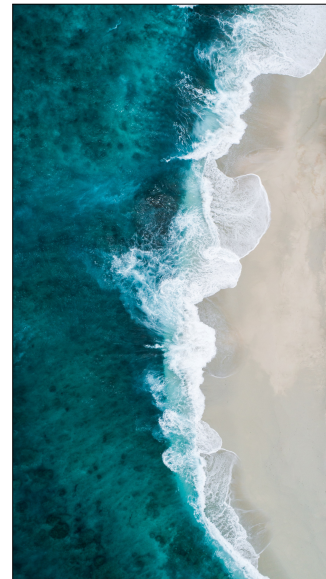


Mind Matters: to God

**Part Nine:
Prayer and Ministry:
15 minutes of grace**



Worship - finding
times of refreshing
from the Lord...



Mind Matters: to God

Ten: Dedicating the Mind

Mind Matters: to God

Anointing: a moment of grace



Mind Matters: to God

I bind unto myself today
The strong Name of the Trinity,
By invocation of the same,
The Three in One and One in Three



Mind Matters: to God

I bind this day to me for ever.
By power of faith, Christ's incarnation;
His baptism in the Jordan river;
His death on Cross for my salvation;
His bursting from the spicèd tomb;
His riding up the heavenly way;
His coming at the day of doom;
I bind unto myself today.



Mind Matters: to God

I bind unto myself today
The power of God to hold and lead,
His eye to watch, His might to stay,
His ear to hearken to my need.
The wisdom of my God to teach,
His hand to guide, His shield to ward,
The word of God to give me speech,
His heavenly host to be my guard.



Mind Matters: to God

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.



Mind Matters: to God

I bind unto myself the Name,
The strong Name of the Trinity;
By invocation of the same.
The Three in One, and One in Three,
Of Whom all nature hath creation,
Eternal Father, Spirit, Word:
Praise to the Lord of my salvation,
Salvation is of Christ the Lord.



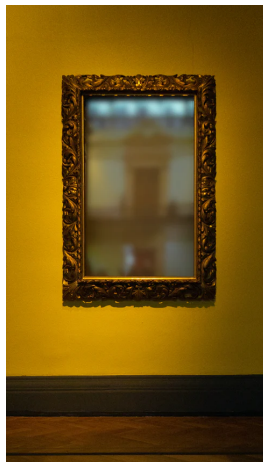
Blessing:

Receiving the Mind of Christ

Mind Matters: to God

Reflection:

“What no eye has seen, what no ear has heard, and what no human mind has conceived” — the things God has prepared for those who love him — **10** these are the things God has revealed to us by his Spirit.



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