

# THE MIND OF A DISCIPLE

FOLLOWER 7

## INTENTIONAL THINKING

Transformation is possible, but it's not inevitable.

Most of life's battles are won or lost in the mind.

Keeping focus on the teachings and life of Christ is a challenge.

Whatever comes into your mind - comes out in your life. You cannot have a positive life with a negative mind. If you can control what you think you can control what you do.

## THE STRUCTURE OF LIFE

The rules that keep our lives structured on Jesus.

The word "rule" comes from the Latin word "regula," which literally means "a straight piece of wood," but it's also the word used for a trellis.

*I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whatever*

*you wish, and it will be done for you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.*

—JOHN 15:5-8

A trellis for a vine: it supports and provides a structure for the vine to grow. Without a trellis, a vine will stop growing, begin to wither, and eventually die.

## **ESTABLISHING A FRAME OF MIND**

### **The mind of a disciple.**

Your life is moving in the direction of your strongest thoughts.

What comes into your mind—comes out in your life.

### **Combating thoughts that disconnect you from Jesus.**

## **1. IDENTIFY THE STRONGHOLD THAT HOLDS YOU BACK**

Our thoughts are lazy and take the path of least resistance!

To stay connected to Jesus we need to keep to the structure of His thinking.

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind.*

—Romans 12:2

Identify stronghold. Name it— You cannot defeat what you cannot define.

## **2. NAME THE TRUTH THAT DEMOLISHES THE STRONGHOLD.**

*For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*

—2 Corinthians 10:3-5

## **3. MEDITATE ON THE TRUTH NOT THE STRONGHOLD.**

### **The Discipline of Meditation**

Definition of meditation: to engage in mental exercise. To focus one's thoughts.

*I meditate on your precepts and consider your ways. I delight in your decrees; I will not neglect your word.*

—Psalms 119:15

*...I meditate on all your works and consider what your hands have done.*

—Psalms 143:5

**Write it—Think it—Confess it—Until you believe it.**

## **4. REFRAME THE IMPACT OF YOUR CIRCUMSTANCE**

Reframing—Creating a different way of looking at a situation, person, or relationship by changing its meaning and impact on your thinking.

You can't control what happens to you, but you can control how you frame it.

*Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ.*

—Philippians 1:12-13

Paul could have said:

Now I want you to know, brothers and sisters, that what has happened to me really sucks. As a result of the hell

I've been through, I'm quitting this church and never going back.

*And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear.*

—*Philippians 1:14*

You can't control what happens to you but you can control how you frame it.

- Not interpreting God through circumstances.
- Interpreting circumstances through goodness of God.

## **5. DILIGENT PRAYER**

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 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.*

*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.*

—*Philippians 4:6-9*

Worry dismantles the structures prayer brings to your life.

What is worry? Worry is the sin of distrusting promises and power God?

Instead of letting my sinful nature control my mind, I choose to let the Spirit direct my thinking.

*Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.*

—Romans 8:5-6

If your life is moving in the direction of your strongest thoughts, do you like the direction your thoughts are taking you?

**YOUR PRAYER LIFE IS ONLY AS HEALTHY AS YOUR THOUGHT LIFE.**

**THOUGHTS TO HOLD TO - TRUTHS TO PRAY:**

Jesus is first in my life. I exist to serve and glorify Him. I am disciplined. Christ in me is stronger wrong desires in me.

I am growing closer to Jesus every day. Because of Jesus, my family is closer, my body is stronger, my faith deeper, my leadership sharper.

I am creative, innovative, driven, focused and blessed beyond measure —because the Holy Spirit dwells within me.

My words, thoughts and imaginations are under the power of Christ.

I take all thoughts captive and make them obedient to Christ.

Declare what's true about you: Write it. Think it. Confess it. Believe it.

You are not a hostage to your unhealthy thoughts. The weapons you fight with are not the weapons of this world. You have divine power to demolish strongholds.

Worry is not your master. You trust in God. His peace guards your heart, mind, and soul in Christ Jesus.

You are not a slave to your habits. You are not a prisoner to an addiction. You have been rescued from the power of darkness and brought into the kingdom of God's light.

## **Declarations Over You!**

For those of you who are in Christ - attached to him and structure their minds around His promises.

You are strong and mighty. You have the same power that raised Christ from the dead dwelling inside of you. You are a weapon of righteousness in a world of darkness.

You are not your past. You are not what you did. You are who God says you are. He says you are forgiven. He says you are redeemed. He says you are free.

You are not a hostage to your unhealthy thoughts. The weapons you fight with are not the weapons of this world. You have divine power to demolish strongholds.

You have the mind of Christ directing your thoughts. You have the word of God guiding your steps.

You demolish every pretension that sets itself up against the knowledge of God. You take every thought captive and make it obedient to Christ.

Worry is not your master. You trust in God. His peace guards your heart, guards your mind, and guards your soul in Christ Jesus.

Your God has not given you a spirit of fear, but a Spirit of power, of love and of a sound mind.

The Lord is your helper. You will not be afraid.

You are not a slave to your habits. You are not a prisoner to an addiction. You have been rescued from the power of darkness and brought into the kingdom of God's light.  
(Col 1:13)

You are empowered. You are chosen. You are called. You are the masterpiece of God, created in Christ Jesus, to do good works which God prepared in advance for you to do.

Your God will bless you abundantly, so that in all things, and at all times, having all you need, you will abound in every good work. (2 Cor 9:8)

Your God is for you. Your God is with you. No weapon formed against your will prosper.



*Nothing can separate you from God's love. Not death. Not demons. Not the present nor the past. No power on earth will ever separate you from the love of God that is in Christ Jesus our Lord.*