

Which Mind Is In You?

Jenifer Skues

HYMNS: 547 Be Thou My Vision
500 Take Time To Be Holy
330 Take My Life and Let It Be

BIBLE READING:

Philippians 2:5

King James Version (**KJV**) Let this mind be in you, which was also in Christ Jesus: [Philippians 2:4-6](#) (in Context)

Amplified Bible (**AMP**) Let this same attitude and purpose and [humble] mind be in you which was in Christ Jesus: [Let Him be your example in humility:] [Philippians 2:4-6](#) (in Context)

1 Corinthians 2:16

KJV For who hath known the mind of the Lord, that he may instruct him? but we have the mind of Christ.

AMP For who has known or understood the mind (the counsels and purposes) of the Lord so as to guide and instruct Him and give Him knowledge? But we have the mind of Christ (the Messiah) and do hold the thoughts (feelings and purposes) of His heart.

INTRODUCTION:

- God has created each of us with a physical brain that houses a functional mind
- Our mind is the only way that God can communicate with us
- If anything interferes with our mind then our communication with God ceases or can be distorted
- Satan attacks us through our mind, our Christian walk is literally a 'battle of the mind'
- God can read our mind but never interferes with our freewill
- Satan cannot read our mind but can put thoughts there to influence or over ride our free will

The two Bible verses that I read tell us that we are to have the same mind that was in Jesus

- We are to have the same attitude, thoughts and purposes as Jesus
- Humility is a key factor in having this type of mind
- Humility means: humble, modest, meek, submissive, gentle, and having an unassuming nature

This raises some very important questions:

- How can we have this sort of mind, attitude, purpose and humility that Jesus had?
- What influences and programs our mind?
- What stops us from having this mind that was in Jesus?

WHAT IS THE MIND?

- There are two main parts in the brain that make up the mind (**use whiteboard**): 10% is conscious (our gatekeeper and filter) and 90% is subconscious (storehouse)
- The vast majority of the brain's processing happens below the level of consciousness in the subconscious mind (it doesn't know the difference between fact and fiction – truth and lies or error)
- There are two frontal lobes of the brain that conscious activity and processing takes place
- Left Hemisphere appears to be the mind's seat of conscious awareness and social interactions – it is analytical, mathematical, logical, intellectual, understands time & space, does not like intimacy, and is masculine
- Right Hemisphere appears to be the mind's centre of unconscious processes and involves internal experience – it is creative, artistic, intuitive, emotional, tactile, and feminine
- The L & R hemispheres of the male and female brain are wired differently – accounts for some gender differences in brain processing and function
- These hemispheres are the centre for critical moral judgment (can be interfered with)
- About 50% of our habits and character or personality are already wired in the brain (inherent/genetic) prior to birth, the other 50% develop after birth via our models and experiences (learned)

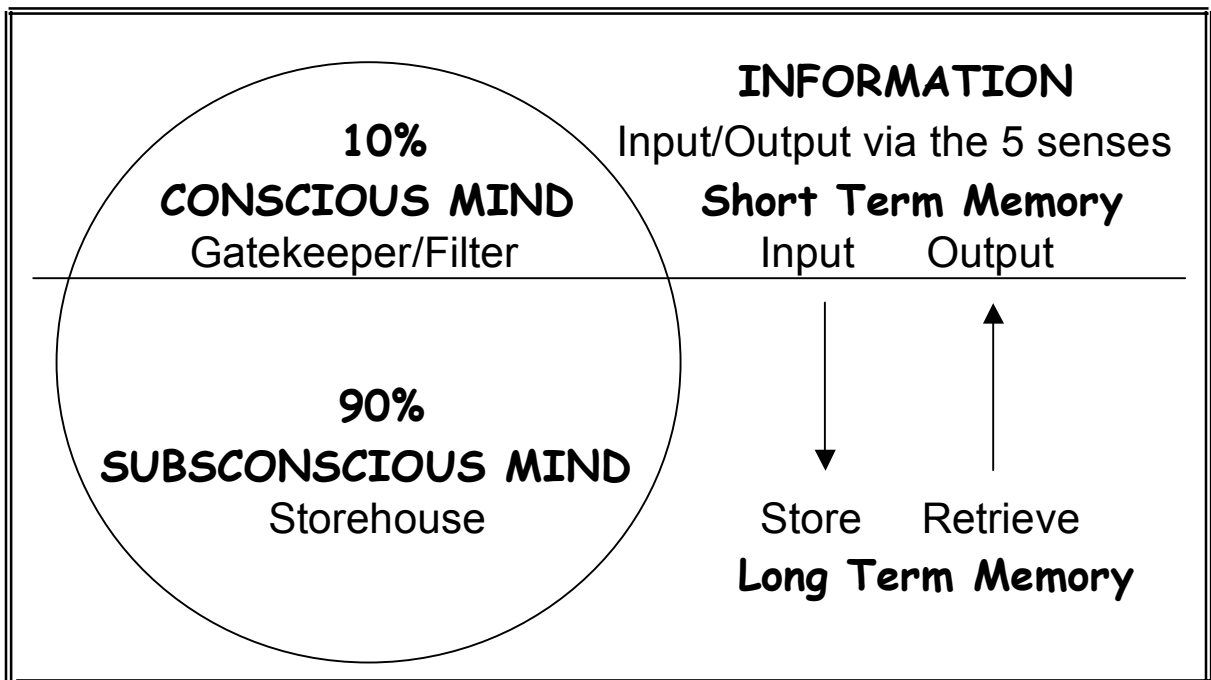


DIAGRAM 1: This diagram illustrates how the conscious mind opens the gate and allows information (events, experiences and perceptions) to be stored in the subconscious storehouse as programmed memories, as well as selectively retrieve information and memories.

HOW IS THE MIND PROGRAMMED?

- The brain is like a video recorder that operates in the five senses (touch, taste, sight, sound, smell), not just sight and sound
- The conscious mind acts like a gatekeeper and can open or close the gate to allow information in to or out of the subconscious storehouse
- As soon as an event occurs, the video recorder button is pressed and records each event in the five senses that are then physically programmed as cell pathways in the brain for later retrieval
- As you can see we have a short term (conscious level) and long term (subconscious level) memories
- Overwhelming traumatic events (rapid with intense emotions) can by pass the conscious mind, as the gatekeeper is not able to close and selectively shut out these experiences and does not want to deal with them at the time of the trauma
- The conscious mind does not like to suffer emotionally so it then shuts the gate and locks in any painful memories that it does not want to retrieve and recall, with retrieval to be avoided on a conscious level
- Anything programmed in the brain can be changed whether it is inherent or learned, you just have to know what you want to change and how to change it (this will be worked on the afternoon's sessions)

TWO MAJOR WAYS THE BRAIN/MIND IS PROGRAMMED

1. HYPNOSIS:

This is a common form of brain washing (don't think you are safe from this)

Two separate definitions of "hypnosis":

1. Hypnosis, is "a particular altered state of hyper-suggestibility brought about in an individual by a combination of relaxation, fixation of attention, and suggestion."

REF: Modern Hypnosis, Theory and Practice, Masud Ansari, Ph.D.

2. Hypnosis is also "bypassing the 'critical factor' and setting up acceptable selective thinking." The "critical factor" is the conscious part of the brain that you think with that has the ability to make rational logical judgments about what information is received. The critical factor acts as a filter, determining what information goes into the subconscious part of the brain (refer to diagram on whiteboard).

MY COMMENTS: Because information by passes the conscious mind it can go straight into the subconscious part of the mind that unquestionably accepts it (doesn't know the difference between truth and error or lies). Unless the mind can stop this happening on a conscious level, the subconscious brain is without your knowledge.

REF: Killer Influence Secrets of Covert Hypnosis, by David X, Part 1, David X's educational video, "How to Hypnotize with Covert Hypnosis and Hypnotic Language" See video online, such as at: <http://www.revver.com/video/834827/how-to-hypnotize-withcovert-hypnosis-and-hypnotic-language/>

We all experience hypnotic or trance like states, often on a daily basis

- Driver's dissociation (miss the turn off, do you remember the red light?)
- Day dreaming (not focused in the present, fantasy imaginings)
- Computers-Video Games-Television/DVDs (rapidly puts the brain into alpha waves or trance mode therefore anything can go into the mind)
- Pokie Machines (electronic music, spinning objects/symbols, pressing buttons)
- Music (remember Satan was a the master musician in heaven)
- Singing (especially repetitive words and or music)
- Alcohol and drugs

Use of hypnosis today (recent online article)

Dr. Erickson (psychologist) discovered while working as a therapist, that he could hide therapeutic hypnosis within the normal content of an inconspicuous conversation with the patient, and avoid much of the patient's conscious resistance that normally accompanied hypnotherapy. Dr. Erickson realized **the subconscious mind was always listening**, and understood better than anyone before how to access it, and implant suggestions into it.

What Dr. Erickson did was figure out how to put people into trance and hypnotize them and implant suggestions with seemingly normal conversation. He discovered that people could achieve this heightened state of hyper-suggestibility without the traditional difficultly-induced coma-like state traditionally associated with hypnosis. Through his pioneering understanding, he was able to do the same and much more often with simple plays on words and embedded meanings in a single sentence ("covert hypnosis" or "conversational hypnosis").

REF: Patterns of the Hypnotic Techniques of Milton H. Erickson, M.D. Volume 1

http://en.wikipedia.org/wiki/Milton_H._Erickson

ARTICLE: An Examination of Obama's Use of Hidden Hypnosis Techniques in His Speeches

THIS IS NOW A COMMON PRACTICE IN AREAS SUCH AS POLITICAL CAMPAIGNS, ADVERTISING, SELLING PRODUCTS AND BUILDING OR GROWING CHURCHES – IT CAN BE USED WITH INDIVIDUALS OR GROUPS TO BRAINWASH AND INFLUENCE OR PERSUADE PEOPLE'S VIEWS OR OPINIONS

Does this happen in our Churches – YES

- During the 1980's the majority of pastors attended a program imported from the USA in order to help grow our churches
- The program was called LAB 1 and LAB 2 and involved Neuro-Linguistic Programming (NLP) which is based on this type of hypnosis
- I have no idea what followed on from this but as you can see this type of hypnosis is packaged in a way that it seems good, but in actual fact it isn't

Ellen White's comments on hypnotism 1903-1905

Mind Character & Personality Vol 2, Ch79 Hypnotism & It's Dangers, pp711-721

Mind Control Originated by Satan.--The theory of mind controlling mind was originated by Satan to introduce himself as the chief worker, to put human philosophy where divine philosophy should be. Of all the errors that are finding acceptance among professedly Christian people, none is a more dangerous deception, none more certain to separate man from God, than is this. Innocent though it may appear, if exercised upon patients, it will tend to their destruction, not to their restoration. It opens a door through which Satan will enter to take possession both of the mind that is given up to be controlled by another and of the mind that controls.--MH 243 (1905). {2MCP 712.2}

Satan Hypnotized Adam and Eve.--Satan tempted the first Adam in Eden, and Adam reasoned with the enemy, thus giving him the advantage. Satan exercised his power of hypnotism over Adam and Eve, and this power he strove to exercise over Christ. But after the word of Scripture was quoted, Satan knew that he had no chance of triumphing. Lt 159, 1903. (5BC 1081.) {2MCP 713.1}

Tamper Not With Hypnotism.--Men and women are not to study the science of how to take captive the minds of those who associate with them. This is the science that Satan teaches. We are to resist everything of the kind. We are not to tamper with mesmerism and hypnotism --the science of the one who lost his first estate and was cast out of the heavenly courts.--MS 86, 1905. (MM 110, 111.) {2MCP 713.2}

2. SUBLIMINAL PROGRAMMING:

Flashing words or images at a rapid pace to bypass the conscious mind and influence the subconscious mind

ABC Media Watch - Oct 2008: During last year's ARIA Awards, Ten had briefly flashed advertisers' logos, in some cases for just 1/25 or 1/12 of a second, so that the vast majority of viewers were not consciously aware of the advertising. However the response, even from ACMA's own media release, was "ho-hum". Many people saw no problem with subliminal advertising, claiming that it doesn't have any effect.

But the **latest research** shows otherwise. In a study reported in the *Journal of Experimental Psychology* (2006, 42, 792-798), Dr Johan Karremans found that when the brand name "Lipton Ice" was subliminally flashed on screen for 1/25 of a second, viewers who were thirsty wanted the Lipton Ice drink. **Those who were not thirsty were unaffected.** Subliminal advertising can imprint particular brand names subconsciously **in vulnerable people's minds.** (*It seems we have some defense if not desiring the input or are not vulnerable*)

A physiological study by the London University College, reported in "Science Daily" (www.sciencedaily.com) on 9 March 2007, found that "invisible subliminal images do attract the brain's attention on a subconscious level".

If brand names can be planted in our brains without our awareness, what other words could be imprinted? Could such techniques be used in political campaigns? Could they be used with great effect on impressionable children?

Apparently this kind of mind manipulation is clearly outlawed by the TV Code, which was drawn up some years ago by the commercial TV networks themselves.

MY COMMENTS: *Even though this has been outlawed it is still happening*

Research findings about subliminal messages over the last 12 months:

1. Subliminal Learning Demonstrated In Human Brain

August 28, 2008 — Although the idea that instrumental **learning can occur subconsciously** has been around for nearly a century, it had not been unequivocally demonstrated. Now, new research uses sophisticated perceptual computational modeling, and neuro-imaging to show that instrumental **learning can occur in the human brain without conscious processing of contextual cues.** (*Good with God's input but not so good with Satan's input*)

2. Subliminal Messages Can Influence People In Surprising Ways

January 5, 2008 — **Flag waving is a metaphor** for stirring up the public towards adopting a more nationalistic, generally hard-line stance. Indeed, "rally 'round the flag" is a venerable expression of this phenomenon. The studies, led by cognitive scientist Dr. Ran Hassin of the Hebrew University of Jerusalem Psychology Department, show that the **subliminal presentation of a national symbol affects not only political attitudes, but also voting intentions and actual voting in general elections.**

3. Cause And Affect: Emotions Can Be Unconsciously And Subliminally Evoked,

April 29, 2008 — Most people agree that emotions can be caused by a specific event and that the person experiencing it is aware of the cause, such as a child's excitement at the sound of an ice cream truck. But **recent research suggests emotions also can be unconsciously evoked and manipulated.** The researchers measured people's thoughts, feelings and behavior after **flashing subliminal images** to elicit fear, disgust or no emotion at all to determine whether specific emotions were induced without awareness of their origin. Empirical evidence suggests **humans do not need to be aware of the event that caused their mood or feelings in order to be affected by it.**

4. Subconscious Encounters: How Brand Exposure Affects Your Choices

October 15, 2008 — Products with visible brand names are everywhere; many times we don't even notice them. But how much do those unnoticed exposures affect brand choices? Quite a bit, according a series of experiments using Dasani water, they found that study **participants who viewed pictures of ordinary people near bottles of Dasani were more likely to choose that brand over three other brands—even if they were unaware they had seen the logo.**

5. Logo Can Make You 'Think Different'

March 30, 2008 — Whether you are a Mac person or a PC person, even the **briefest exposure to the Apple logo may make you behave more creatively,** according to recent research. "We assume that incidental brand exposures do not affect us, but our work demonstrates that even fleeting glimpses of logos can affect us quite dramatically."

6. Subconscious Signals Can Trigger Drug Craving

February 6, 2008 — Using a brain imaging technology called functional magnetic resonance imaging (fMRI), scientists have discovered that **cocaine-related images trigger the emotional centers of the brains of patients addicted to drugs -- even when the subjects are unaware they've seen anything.**

As you can see our mind is easily influenced and programmed even when we aren't aware of it consciously. As Christians we need to protect our mind.

HOW DOES OUR MIND FUNCTION?

According to the Bible, what we think and believe has the power for good or evil!

Romans 14:4

KJV I know, and am persuaded by the Lord Jesus, that there is nothing unclean of itself: but to him that esteemeth any thing to be unclean, to him it is unclean.

AMP I know and am convinced (persuaded) as one in the Lord Jesus, that nothing is [forbidden as] essentially unclean (defiled and unholy in itself). But [none the less] it is unclean (defiled and unholy) to anyone who thinks it is unclean.

Proverbs 23:7

KJV For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.

AMP For as he thinks in his heart, so is he. As one who reckons, he says to you, eat and drink, yet his heart is not with you [but is grudging the cost].

Matthew 15:18,19

KJV ¹⁸But those things which proceed out of the mouth come forth from the heart; and they defile the man. ¹⁹For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies:

AMP ¹⁸But whatever comes out of the mouth comes from the heart, and this is what makes a man unclean and defiles [him]. ¹⁹For out of the heart come evil thoughts (reasonings and disputings and designs) such as murder, adultery, sexual vice, theft, false witnessing, slander, and irreverent speech.

Romans 1:21

KJV Because that, when they knew God, they glorified him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened.

AMP Because when they knew and recognized Him as God, they did not honor and glorify Him as God or give Him thanks. But instead they became futile and godless in their thinking [with vain imaginings, foolish reasoning, and stupid speculations] and their senseless minds were darkened.

These Bible verses make the following points:

- Mind & emotions are linked, work together as one
- We can have negative beliefs and distorted thoughts that become our reality
- What we believe/think can defile us, make us unclean (prior to wrong actions)
- Godless and vain thinking darkens the mind

With this in mind,

The following principles are based on how the heart and mind works:

- Programmed beliefs direct our thoughts
- Thoughts feed the way we feel
- Feelings direct and influence our behaviours or actions

This means if you change your beliefs you change thoughts, feelings and actions

(we will be addressing how to change our beliefs/thoughts this afternoon)

Fortunately God knows our heart and mind and wants us to invite Him in

1 Kings 8:39

KJV Then hear thou in heaven thy dwelling place, and forgive, and do, and give to every man according to his ways, whose heart thou knowest; (for thou, even thou only, knowest the hearts of all the children of men;)

AMP then hear in heaven Your dwelling place, and forgive, and act, and give to everyone according to all his ways, whose heart You know (for You alone know the hearts of all the sons of men).

Psalms 139: 23,24 David asked God to

KJV ²³Search me, O God, and know my heart: try me, and know my thoughts: ²⁴And see if there be any wicked way in me, and lead me in the way everlasting.

We have to choose to let God in, we have free will

- The will is physically programmed in the brain (resides in the frontal lobes)
- It is part of our mind and is free to make choices (**BOOK: Healing The Broken Brain**)
Dr Penefield found while probing a patient's brain during surgery with a gentle electric current while they were conscious, they could vividly recall past programmed experiences – probing activates the 5 senses – however when he engaged the patient in conversation while probing they could use their will to shut off the effects of the stimulation and no longer hear or see the playback of memories programmed and focus on what he was saying. Dr Penefield said, "The will of man is free. It uses the pathways of the brain, but it is not controlled by them. *The will is free.*"
- God provides our will with His power if we let Him – hence we have 'willpower'
- The will can be disabled by drugs and alcohol (flicks the switch off and have no self control) – I believe trauma can disable the will as well
- There is another power, our adversary, who can take over our will (remember the brain washing process I have outlined, it can happen without your knowledge or consent if we are not walking with Jesus)

- We need to turn our will over to God so He can “work in us to will and to do according to His good pleasure”
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Ellen White’s comment on the will and willpower

*Mind, Character, and Personality Volume 1
Disease That Begins in the Mind, p 61*

In journeying I have met many who were really sufferers through their imaginations. They lacked willpower to rise above and combat disease of body and mind; and, therefore, they were held in suffering bondage. A large share of this class of invalids is found among the youth.

God’s Amazing Grace (Daily Devotional)

Your part is to put your will on the side of Christ. When you yield your will to His, He immediately takes possession of you, and works in you to will and to do of His good pleasure. Your nature is brought under the control of His Spirit. Even your thoughts are subject to Him. If you cannot control your impulses, your emotions, as you may desire, you can control the will, and thus an entire change will be wrought in your life. When you yield up your will to Christ, your life is hid with Christ in God. It is allied to the power which is above all principalities and powers. You have a strength from God that holds you fast to His strength; and a new life, even the life of faith, is possible to you.

We need to understand our mind and learn how to use it skillfully to put our will on the side of Jesus

When we make right choices - God can program, cleanse and renew your heart & mind

Hebrews 8:10

KJV For this is the covenant that I will make with the house of Israel after those days, saith the Lord; I will put my laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to me a people:

AMP For this is the covenant that I will make with the house of Israel after those days, says the Lord: I will imprint My laws upon their minds, even upon their innermost thoughts and understanding, and engrave them upon their hearts; and I will be their God, and they shall be My people.

Psalm 51:10 David gave God permission to change him ... we need to do the same

KJV Create in me a clean heart, O God; and renew a right spirit within me.

WHAT IS GOD TELLING US TO DO WITH OUR MIND?

The Bible instructs us to renew our mind

Romans 12:2,3

KJV ²And be not conformed (*fashioned according*) to this world: but be ye transformed by the renewing of your mind, and ye may prove what is the good, and acceptable, and perfect will of God. ³For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.

AMP ²Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you].

We need to discipline our mind to embrace God

2 Corinthians 10:4,5

KJV ⁴(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) ⁵Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

AMP ⁴For the weapons of our warfare are not physical [weapons of flesh and blood], but they are mighty before God for the overthrow and destruction of strongholds, ⁵[Inasmuch as we] refute arguments and theories and reasonings and every proud and lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ (the Messiah, the Anointed One).

We need to focus our mind in the right way (this is a daily battle)

Romans 7: 21-25 (Paul's experience)

KJV ²¹I find then a law, that, when I would do good, evil is present with me. ²²For I delight in the law of God after the inward man: ²³But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members. ²⁴O wretched man that I am! who shall deliver me from the body of this death? ²⁵I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin.

The mind (spiritual) and flesh (carnal nature) are antagonistic to each other, we can use our will to choose to serve the law of God in our heart and mind, hence it is a daily battle using the free will – if we choose not to serve the law of God and serve Satan/the world it can seem easier initially but leads to eventual suffering and ruin (the narrow path v/s the wide path)

AMP ²¹So I find it to be a law (rule of action of my being) that when I want to do what is right and good, evil is ever present with me and I am subject to its insistent demands. ²²For I endorse and delight in the Law of God in my inmost self [with my new nature]. ²³But I discern in my bodily members [in the sensitive appetites and wills of the flesh] a different law (rule of action) at war against the law of my mind (my reason) and making me a prisoner to the law of sin that dwells in my bodily organs [in the sensitive appetites and wills of the flesh]. ²⁴O unhappy and pitiable and wretched man that I am! Who will release and deliver me from [the shackles of] this body of death? ²⁵O thank God! [He will!] through Jesus Christ (the Anointed One) our Lord! So then indeed I, of myself with the mind and heart, serve the Law of God, but with the flesh the law of sin.

Colossians 3:2

Set your **mind** on the things that are above, not on the things that are upon the earth.
(*spiritual v/s worldly*)

Ellen White

The man or woman who preserves the balance of the mind when tempted to indulge passion stands higher in the sight of God and heavenly angels than the most renowned general that ever led an army to battle and to victory." Child Guidance pg 95

Manuscript 1a, 1890

By the Holy Spirit taking possession of our mind, spirit, heart, and character. . . . A real work is wrought by the Holy Spirit upon the human character and its fruits are seen.

SUMMARY & CONCLUSIONS

- Everybody here today has been influenced and brain washed in some form or other from conception through to birth, and from childhood to adulthood
- You have all been affected in a way that at times your emotions take over and you do what you don't want to do as Christians (The daily battle Paul outlined in Romans 7)
- So what answers do we have and how can we reprogram our brain? God has given us the answers and the way to do this through His word and through our relationship with Jesus
- Using your free will and focusing your heart and mind on Jesus daily will reprogram your mind and protect it (remember the helmet of salvation as part of our armour)
- God has given us a good mind so we need to learn how to use it correctly to keep our emotions in check and have mental and emotional self-discipline (our actions follow this and reflect God's love)

Philippians 2:2

make full my joy, that ye be of the same **mind**, having the same love, being of one accord, of one **mind**;

OUR HIGH CALLING – Ellen G. White

Training The Thoughts p112

“Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ. 1 Peter 1:13.

Many need to make a decided change in the tenor of their thoughts and actions, if they would please Jesus.

The thoughts must be trained. Gird up the loins of the mind that it shall work in the right direction, and after the order of well-formed plans; then every step is one in advance, and no effort or time is lost in following vague ideas and random plans. We must consider the aim and object of life, and ever keep worthy purposes in view. Every day the thoughts should be trained and kept to the point as the compass to the pole. Every one should have his aims and purposes, and then make every thought and action of that character to accomplish that which he purposes. The thoughts must be controlled. There must be a fixedness of purpose to carry out that which you shall undertake. . . .

No one but yourself can control your thoughts. In the struggle to reach the highest standard, success or failure will depend much upon the character, and the manner in which the thoughts are disciplined. If the thoughts are well girded, as God directs they shall be each day, they will be upon those subjects that will help us to greater devotion. If the thoughts are right, then as a result the words will be right; the actions will be of that character to bring gladness and comfort and rest to souls. . . .

How to Discipline the Mind p113

“Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer.” Ps. 19:14

The thoughts must be pure, the meditations of the heart must be clean, if the words of the mouth are to be words acceptable to Heaven, and helpful to your associates.

The natural, selfish mind, if left to follow out its own evil desires, will act without high motives, without reference to the glory of God or the benefit of mankind. The thoughts will be evil, and only evil, continually. . . . The Spirit of God produces a new life in the soul, bringing the thoughts and desires into obedience to the will of Christ. . . .

We should meditate upon the Scriptures, thinking soberly and candidly upon the things that pertain to our eternal salvation. The infinite mercy and love of Jesus, the sacrifice made in our behalf, call for most serious and solemn reflection. We should dwell upon the character of our dear Redeemer and Intercessor. We should seek to comprehend the meaning of the plan of salvation. We should meditate upon the mission of Him who came to save His people from their sins. By constantly contemplating heavenly themes, our faith and love will grow stronger. Our prayers will be more and more acceptable to God, because they will be more and more mixed with faith and love. They will be more intelligent and fervent. There will be more constant confidence in Jesus, and you will have a daily, living experience in the willingness and power of Christ to save unto the uttermost all that come unto God by Him. . . .

Tit 1:15 To the pure all things are pure: but to them that are defiled and unbelieving nothing is pure; but both their **mind** and their conscience are defiled.

Col 2:18 Let no man rob you of your prize by a voluntary humility and worshipping of the angels, dwelling in the things which he hath seen, vainly puffed up by his fleshly **mind**,

Eph 2:3 among whom we also all once lived in the lust of our flesh, doing the desires of the flesh and of the **mind**, and were by nature children of wrath, even as the rest:--

Eph 4:17 This I say therefore, and testify in the Lord, that ye no longer walk as the Gentiles also walk, in the vanity of their **mind**,

Ro 8:7 Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed it can be.

Amplified Bible refers to the carnal mind as “the mind of the flesh (which is sense and reason without the Holy Spirit)” and that “the mind of the flesh (with its carnal thoughts and purposes) is hostile to God. That is the carnal, fleshly mind is rebellious.

Eph 4:23 and that ye be renewed in the spirit of your **mind**,

1Pe 4:1 Forasmuch then as Christ suffered in the flesh, arm ye yourselves also with the same **mind**; for he that hath suffered in the flesh hath ceased from sin;

2 Corinthians 10:3-5

1. God asks us to: “bring every thought into captivity” 2 Corinthians 10:5

2. Remember that this warfare is not worldly but spiritual: see V3-5 “mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God”

3. We are asked to bring our thoughts into captivity: “to the obedience of Christ” 2 Corinthians 10:5

Mat 12:30 and thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy **mind**, and with all thy strength.

Lu 12:29 And seek not ye what ye shall eat, and what ye shall drink, neither be ye of doubtful **mind**.

Lu 24:45 Then opened he their **mind**, that they might understand the scriptures;

Php 2:3 [doing] nothing through faction or through vainglory, but in lowliness of **mind** each counting other better than himself;

Php 2:5 Have this **mind** in you, which was also in Christ Jesus:

1Pe 1:13 Wherefore girding up the loins of your **mind**, be sober and set your hope perfectly on the grace that is to be brought unto you at the revelation of Jesus Christ;

1Pe 4:7 But the end of all things is at hand: be ye therefore of sound **mind**, and be sober unto prayer:

Ro 12:16 Be of the same **mind** one toward another (*mind of the Spirit*). Set not your **mind** on high things (*mind of the flesh*), but condescend to things that are lowly (*mind of the Spirit*). Be not wise in your own conceits (*mind of the flesh*).

1. We can walk in the Spirit or suffer in the flesh
2. Cannot have the mind of the Spirit and walk in the flesh
3. Where the mind goes our life follows – so which mind do you have?

Mind, Character, and Personality Volume 2

Diet and Mind p385

Brain Must Be Healthy. The brain is the organ and instrument of the mind, and controls the whole body. In order for the other parts of the system to be healthy the brain must be healthy. And in order for the brain to be healthy the blood must be pure. If by correct habits of eating and drinking the blood is kept pure, the brain will be properly nourished.--SpT Series B, No. 15, p 18, Apr 13, 1900. (CH 586, 587.)

God's Amazing Grace More Than Mortal Power

When the enemy shall come in like a flood, the Spirit of the Lord shall lift up a standard against him. Isa. 59: 19.

God has provided divine assistance for all the emergencies to which our human resources are unequal. He gives the Holy Spirit to help in every strait, to strengthen our hope and assurance, to illuminate our minds and purify our hearts.

Your part is to put your will on the side of Christ. When you yield your will to His, He immediately takes possession of you, and works in you to will and to do of His good pleasure. Your nature is brought under the control of His Spirit. Even your thoughts are subject to Him. If you cannot control your impulses, your emotions, as you may desire, you can control the will, and thus an entire change will be wrought in your life. When you yield up your will to Christ, your life is hid with Christ in God. It is allied to the power which is above all principalities and powers. You have a strength from God that holds you fast to His strength; and a new life, even the life of faith, is possible to you.

You can never be successful in elevating yourself, unless your will is on the side of Christ, cooperating with the Spirit of God. Do not feel that you cannot; but say, "I can, I will." And God has pledged His Holy Spirit to help you in every decided effort.