

Of a Sound Mind

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Eve, given to temptation, ate the forbidden fruit and in turn shared that fruit with Adam. As a result of this first sin of disobedience to our Creator, human thoughts turned from trusting and serving God to living for themselves.

Every person born of the flesh has inherited a “carnal mind” through the seed of Adam. This birthright of carnality is why we have thoughts that come straight from the flesh; after all, we’re only human, right?

Rom 8:6-7 For to be carnally minded is death; but to be spiritually minded is life and peace. 7 Because the carnal mind is **enmity** against God: for it is not subject to the law of God, neither indeed can be.

Enmity – from 340 Hebrew-ebhah; hostility, hatred. Occurs in Gen 3:15 And I will put enmity between you (Satan) and the woman, and between your seed (Satan) and her seed.

James 4:4 Do you not know that friendship with the world is **enmity** with God? Whoever therefore wants to be a friend of the world makes himself an enemy of God.

*Enmity - from 2189. Greek-ecyra, echthra, (ekh'-thrah)
Feminine of 2190; hostility; by implication, a reason for opposition: hatred.*

Romans 8:7, "The mind of the flesh is enmity against God." James 4:4, "The friendship of the world is enmity with God" (because "the world" is preferred to God).

When reading scripture, why do our thoughts often go in a direction we didn't intend? Why do our thoughts wander when we pray? Like an undisciplined puppy or child left to their own devices, an uncontrolled brain simply has a “mind of its own”. Much like this world, our brain, without the Creator’s influence becomes corrupt.

Psalm 14:1-2 The fool has said in his heart, "There is no God." They are corrupt, they have done abominable works, there is none who does good. 2 The LORD looks down from heaven upon the children of men, to see if there are any who understand, who seek God.

Our brain is a complex gift that gives us the power to think; it is up to each individual to choose wisely what thoughts to act upon! There are many scriptures that point to positive attributes about the mind such as a fervent mind (2Cor 7:7), a willing mind (1Ch 28:9), readiness of mind (Ac 17:11), of the same mind (Rom 12:16), with all your mind (Lu 10:27), humbleness of mind (Col 3:12) and lowliness of mind (Php 2:3) but Scripture also mentions a reprobate mind.

Reprobate – (Greek) dokimos 1384; unapproved, i.e. rejected; by implication, worthless (literally or morally)--castaway, rejected, reprobate; by implication worthless, unprincipled; a corrupt mind.

Of a Sound Mind

Rom 1:28-29 And even as they did not like to retain God in their knowledge, God gave them over to a reprobate mind, to do those things which are not convenient; 29 Being filled with all unrighteousness.

Titus 1:15-16 Unto the pure all things are pure: but unto them that are defiled and unbelieving is nothing pure; but even their mind and conscience is defiled. 16 They profess that they know God; but in works they deny him, being abominable, disobedient, and unto every good work reprobate.

The corrupted seed of Adam has been passed down to every male ever born, except for one... Yahshua of Nazareth! He was conceived by the power of the Father's Holy Spirit, born a human being, was tempted just as we are, yet He never sinned. How was this possible? Yahshua was born 'without enmity' against God!

The gospel of Mark states: "love God with your entire mind" as part of the first commandment; to "love God with all your intelligence"

Mark 12:29-30 Jesus answered him, "The first of all the commandments is: 'Hear, O Israel, the LORD our God, the LORD is one. 30 'And you shall love the LORD your God with all your heart, with all your soul, with all your mind, and with all your strength.' This is the first commandment.

Yahshua was given free-will just like everyone else but His commission to fulfill the will of the One who sent Him was what mattered to Him most. Christ engaged in mental and spiritual contact with the Father during His walk much like a pilot of an airplane relies on the control tower for take-off, landing, and emergencies.

Christ's example of total submission to our Heavenly Father is the perfect witness of what we are to do. He fully trusted in the Father, totally obeyed His laws and relied completely on His Holy Spirit to guide and defend Him against all enemies of God and so must we.

Rom 12:1-3 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. 2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. 3 For I say, through the grace given to me, to everyone who is among you, not to think of himself more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith.

The verb "renewing" is in the present tense because we are to consistently suppress our carnal nature and strive to emulate Yahshua and live God's way. The process of renewing our mind begins with the influence of His Holy Spirit received at our Baptism.

2Ti 1:7 for God has not given us the spirit of fear; but of power, and of love, and of a sound mind

Of a Sound Mind

*The term “sound mind” originates from the Greek word *sophroneo*, which indicates a person’s “total frame of thinking” and is a mind that is “sober, delivered, rescued, revived, protected; brought into a place of safety (a spiritual protection of our mind not our physical body) and security so that it no longer is affected by illogical, unfounded, or absurd thoughts.”*

A sound-mind is a saved mind!

1Ch 28:9 As for you, my son Solomon, know the God of your father, and serve Him with a loyal heart and with a willing mind; for the LORD searches all hearts and understands all the intent of the thoughts. If you seek Him, He will be found by you; but if you forsake Him, He will cast you off forever.

Serving God with a perfect heart starts with a willing mind. His Holy Spirit aligns our mind and spirit so we can begin to live according to His instructions. God’s powerful influence helps transition the carnal-mind we had before Baptism to the “sound-mind” which allows us to view our faults in His true light. Our sound-mind is under the influence of the Father.

Our carnal-mind is under the influence of the same enemy that Yahshua contended with. Satan’s goal is to turn people away from submitting their life to God. We must stand strong in the power of the Almighty, walk in His truth, not with a spirit of fear but by trusting Him in love and with a sound-mind!

Rev 12:9, 12 9And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceives the whole world: he was cast out into the earth, and his angels were cast out with him. 12 "Therefore rejoice, O heavens, and you who dwell in them! Woe to the inhabitants of the earth and the sea! For the devil has come down to you, having great wrath, because he knows that he has a short time."

This evil ruler of the world attempts to destroy the relationship we have with our Creator the same way he did in Eden with Eve and Adam. The accuser will be locked away at Christ’s return for 1,000 years but until then the wheat (Christ’s followers), cultivated by the Holy Spirit, will contend with the tares, (those influenced by Satan). We can overcome this deceiving spirit just as Messiah has. We are not Satan’s victims in this world; we are God’s victorious believers!

Rev 20:10 And the devil that deceived them was cast into the lake of fire and brimstone, where the beast and the false prophet are, and shall be tormented day and night for ever and ever.

The world under Satan’s rule, with the exception of God’s elect, has been completely deceived. Appearing as an angel of light, this ruler has the whole world under his influence. Going after Messiah’s “true believers” takes precedence every second of the day as Satan’s time grows short.

Of a Sound Mind

2Th 2:m1-3 Now we beseech you, brethren, by the coming of our Lord Jesus Christ, and by our gathering together unto him, 2 That ye be not soon shaken in mind, or be troubled, neither by spirit, nor by word, nor by letter as from us, as that the day of Christ is at hand. 3 Let no man deceive you by any means: for that day shall not come, except there come a falling away first, and that man of sin be revealed, the son of perdition; that ye be not soon shaken in mind.

The world is shaking more with each passing day. Trust in the faithfulness of our Father and Yahshua. They will protect us on the path of righteousness if we remain faithful to them and our calling.

Eph 1:-14 In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise, 14 who is the guarantee of our inheritance until the redemption of the purchased possession, to the praise of His glory.

Be bold and don't fear about what is happening in the world. God has put us here for His purpose at this very time. We are sealed with the Holy Spirit of promise and He will continue to strengthen us just as He did the believers before us. God gives power to His faithful servants to go from being good to becoming great! All for His glory!

1John 4:4-6, 18 You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world. 5 They are of the world. Therefore they speak as of the world, and the world hears them. 6 We are of God. He who knows God hears us; he who is not of God does not hear us. By this we know the spirit of truth and the spirit of error. 18 There is no fear in love; but perfect love casts out fear: because fear hath torment. He that feareth is not made perfect in love.

If we rely on God, we will stay on course to do His will but if we rely on our carnal-mind only, we are guaranteed to give in to the enemy's strongest weapon...fear.

Fear
F alse
E xpectations
A ppearing
R eal

*Fear is a lie from the enemy who influences our carnal-mind. God's presence casts out this spirit of error **if** we will ask **but** we must allow the spirit of fear to leave us and not take it back!*

Psalm 119:129-130 (CJB)

Your instruction is a wonder; this is why I follow it. Your words are a doorway that lets in light, giving understanding to the thoughtless.

Of a Sound Mind

“Reading the Bible is a vital occupation; to take the word of God lightly, sparingly or rarely is a recipe for peril.”

2 Tim 3:16-17 All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, 17 that the man of God may be complete, thoroughly equipped for every good work.

When facing fear, God’s Word is swifter than any two-edged sword that will force the enemy to flee. Delve into scripture daily; His word brings comfort and affords us the wisdom we need when the “shaking world” encroaches on us.

Matt 10:28 "And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell.

Our life really does belong to God, the giver and taker of life; it is not ours to be holding onto in fear of losing it. His perfect love does cast out fear. Be wise, allow the Holy Spirit within to safeguard emotions, defend the mind from assault and be a shield to block the things of this world that can arouse a spirit of fear within. Who better to ask for help than the Father, through His Son, to outwit our dreaded enemy, fear? Choose to stand with Christ, our defender, in His holy righteousness and we shall not be moved.

John 16: 31-33 Jesus answered them, "Do you now believe? 32 "Indeed the hour is coming, yes, has now come, that you will be scattered, each to his own, and will leave Me alone. And yet I am not alone, because the Father is with Me. 33 "These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."

Thoughts are powerful, especially in the midst of temptation and discouragement. Negative thoughts reactivate the carnal-mind and we fall into a pit of confusion. We become afraid when the carnal-mind regains control. Instead of running with those thoughts of fear or anger in a crisis... pray. Call upon God for help; step around the pit into His safety. Not asking for God’s help, leaves us open to deception. Within seconds your thoughts are no longer helpful but are harmful to the situation.

Psalm 34:4 I sought the LORD, and He heard me, And delivered me from all my fears

Psalm 91:14-16 “Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name. 15 He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. 16 With long life I will satisfy him, and show him My salvation."

The voice that we listen to in our head is the voice that is going to dominate us. Welcome God’s authority over your life. Choose not to give into worries or fears; know that God answers when we ask for His help. Our Father wants us to overcome our weak carnality. He is there to help guide our carnal-mind back to our sound-spiritual-mind.

Of a Sound Mind

Eph 6:10-18 Finally, my brethren, be strong in the Lord, and in the power of his might. 11 Put on the whole armor of God, that ye may be able to stand against the wiles of the devil. 12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. 13 Wherefore take unto you the whole armor of God, that ye may be able to withstand in the evil day, and having done all, to stand. 14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; 15 and your feet shod with the preparation of the gospel of peace; 16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. 17 And take the **helmet of salvation**, and the sword of the Spirit, which is the word of God: 18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints.

The Father outfits His children with spiritual protection against evil. If at anytime we allow the protective gear to drop, we will be left defenseless against the principalities of evil. Perchance the mind of Christ is represented by the helmet of salvation in Eph 6.

1Pe 4:1 Forasmuch then as Christ hath suffered for us in the flesh, arm yourselves likewise with the same mind: for he that hath suffered in the flesh hath ceased from sin.

Why does a person wear a helmet when riding a bike? The helmet protects the brain from injury. Ephesians 6 mentions that we are to put on the "helmet of salvation" to protect our spiritually sound-mind. Make it a daily habit to consciously secure the "helmet of salvation" to bring into captivity every thought to the obedience of Christ!

2Cor 10: 3-5 For though we walk in the flesh, we do not war after the flesh: 4 For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds; 5 Casting 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.

There is a war raging for carnal vs. spiritual control between our two ears! The enemy is cunning and is contending for control of our mind, just waiting for the moment our guard is down. Much like in the story of Job, Satan wants us to abandon our calling from God and cross over to the enemy's side.

Ask God to search your heart and mind; He will help us recognize harmful thoughts before we go in the wrong direction. Examine stubborn patterns from childhood and repent of them, it's never too late to change. The more we are open to God's correction, the better the outcome will be for us.

1Cor 2:10-16 But God has revealed them to us through His Spirit. For the Spirit searches all things, yes, the deep things of God. 11 For what man knows the things of a man except the spirit of the man which is in him? Even so no one knows the things of God except the Spirit of God. 12 Now we have received, not the spirit of the world, but the

Of a Sound Mind

Spirit who is from God, that we might know the things that have been freely given to us by God. 13 These things we also speak, not in words which man's wisdom teaches but which the Holy Spirit teaches, comparing spiritual things with spiritual. 14 But the natural man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know them, because they are spiritually discerned. 15 But he who is spiritual judges all things, yet he himself is rightly judged by no one. 16 For "who has known the mind of the LORD that he may instruct Him?" But we have the mind of Christ.

Heb 9:14 (CJB) then how much more shall the blood of Christ, who, through the eternal Spirit, offered Himself to God as a sacrifice without blemish, will **purify our conscience** from works that lead to death, so that we can serve the living God?

Col 1:21-23 And you, who once were alienated and enemies in your mind by wicked works, yet now He has reconciled 22 in the body of His flesh through death, to present you holy, and blameless, and above reproach in His sight 23 **if** indeed you continue in the faith, grounded, steadfast and are not moved away from the hope of the gospel.

We have been given His Holy Spirit so that we might do His will and not our own. He is looking for a few good workers to execute His plan of salvation. He has sanctified "His Called" for His purpose at this time. Trust that whatever the Father will give you to do will turn out the way He wants and then give Him the glory!

Yahshua's cruel death paid the penalty for sin once, for all, bringing great glory to God.

1John3:16 By this we know love, because He laid down His life for us. And we also ought to lay down our lives for the brethren.

We have been called to be Christ-like, striving always to do the work of the Father. Be strong in the Lord and in the power of His might. "Therefore take up the whole armor of God that you may be able to withstand in the evil day, and having done all, to stand." Eph 6:13 (and always remember to wear your helmet!)

1Pe 1:13-16 Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ; 14 as obedient children, not conforming yourselves to the former lusts, as in your ignorance; 15 but as He who called you is holy, you also be holy in all your conduct, 16 because it is written, "Be holy, for I am holy."

Proverb to Ponder

16:3 Commit thy works unto the LORD, and thy thoughts shall be established.

Scriptures NKJV unless otherwise noted*

Action of Belief Ministry ActionofBeliefMinistry@gmail.com

Of a Sound Mind

Our Website: www.ActionofBeliefMinistry.org