

Alive Again
Loving God with all my Mind

1. I start with my spirit

Luke 6:45 *A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.*

2. I need to _____

Ideas: *Assumptions about reality & the way we interpret life*

Images: *Pictures in our mind that carry emotional force*

Memorize Psalm 23

"The ultimate freedom we have as individuals is the power to select what we will allow or require our minds to dwell upon and think about." Dallas Willard

Matthew 16:23 *Jesus turned and said to Peter, "Get behind me, Satan! You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns."*

Key: The heart draws it's _____

Ephesians 4:18 *Their minds are full of darkness; they wander far from the life God gives because they have closed their minds and hardened their hearts against him.*

3. _____

Genesis 4:5 *So Cain was very angry, and his face was downcast.*

Genesis 4:6 *Then the Lord said to Cain, "Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it."*

Colossians 3:1-3 *Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.*

1 Peter 1: 14 *...do not conform to the evil desires (heart) you had when you lived in ignorance (mind).*

Ephesians 4:18 *Their minds are full of darkness; they wander far from the life God gives because they have closed their minds and hardened their hearts against him.*

2 Corinthians 4:16 *Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.*

2 Corinthians 10:5 *...we take captive every thought to make it obedient to Christ.*

Psalm 16:8-9 *I keep my eyes always on the Lord. With him at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will rest secure,*

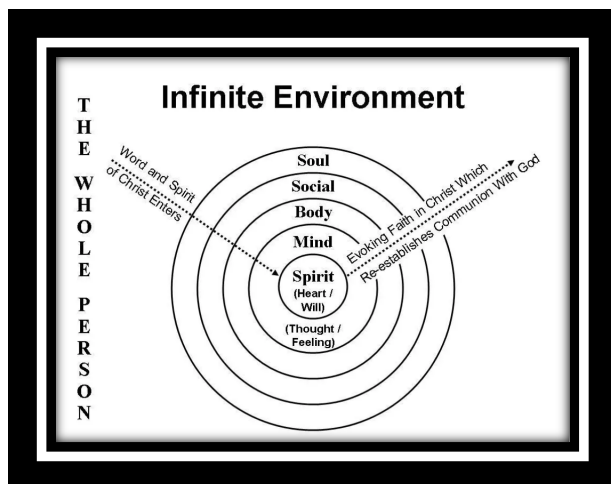
Matthew 13:55-57 *He returned to Nazareth, his hometown. When he taught there in the synagogue, everyone was amazed and said, "Where does he get this wisdom and the power to do miracles?" Then they scoffed, "He's just the carpenter's son... Where did he learn all these things?" And they were deeply offended and refused to believe in him.*

Mark 3:5 *He looked around at them angrily and was deeply saddened by their hard hearts.*

Matthew 13:15 *For the **hearts** of these people are hardened, and their ears cannot hear, and they have closed their eyes— so their eyes cannot see, and their ears cannot hear, and their **hearts** cannot understand, and they cannot turn to me and let me heal them.'*

Proverbs 3:5-6 *Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."*

Romans 5:5 *"God's love has been poured into our hearts through the Holy Spirit..."*



Step 1: Name the emotion

Step 2: Back up to the story in your mind

What did I see or hear that triggered this feeling?

(Describe just the facts, like a camera would see.)

What story (IDEA) am I telling myself about what happened?

(Example: "They don't care about me," or "I always have to pick up the slack.")

What did I *expect* to happen instead?

(This reveals unmet expectations that often fuel frustration.)

Step 3: Redirect your thoughts to God

God, what do You say about this moment? What truth do You want me to see? What invitation are You giving me right now—to trust You more, to release control, to forgive, to live from love instead of fear?

What does God think about this situation right now?

(Am I seeing this with His eyes, or just mine?)

Am I operating from a place of scarcity or abundance in Christ?

(Do I believe that in this moment, I have everything I need in Jesus?)

What invitation is God offering me through this frustration?

(How could He use this situation to help me rely on Him more?)

Am I trusting God with the outcomes, or trying to control them?

(Frustration often means we're clinging to control.)

What truth of Scripture can I anchor my mind to right now?