



FEED YOUR MIND

Romans 12:1-2 (NIV) ¹ *Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.* ² *Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

Colossians 3:2 (NIV) *Set your minds on things above, not on earthly things.*

Romans 8:5 (NIV) *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.*

A Flourishing Mind Feeds on Life Giving Thoughts...

One of the greatest gifts God has given us is SCRIPTURE.

Psalms 1:1-3 (NIV) ¹ *Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers,* ² *but whose delight is in the law of the Lord, and who meditates on his law day and night.* ³ *That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.*

- Delighting starts with a vision of being loved by God.

Philippians 4:8 (NIV) *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.*

- What is lovely or admirable to you?

Getting Fed From Your Bible...

"Christians feed on Scripture, it nurtures the human community as food nurtures the human body. Christians don't simply learn or study or use Scripture, we assimilate it, take it into our lives in such a way that it gets metabolized into acts of love." — Eugene Peterson

Scripture has never been easier to OBTAIN and has never been more difficult to ABSORB.

Our brains are wired to fire in the face of novelty and shut down under familiarity so...

Read the Bible with CURIOSITY, INTEGRITY, EXPECTANCY and an ACTIVE MIND, ready to GROW!

Knowing Too Much and Doing Too Little...

The Sermon on the Mount ends with this knowing vs. doing gap:

Matthew 7:24-27 (NIV) ²⁴ *"Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.* ²⁵ *The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.* ²⁶ *But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand.* ²⁷ *The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash."*

James 1:22 (NRSV) *But be doers of the word, and not merely hearers who deceive themselves.*

Life Groups

Scriptures that Relate:

Monday: James 1	Wednesday: James 3	Friday: James 5
Tuesday: James 2	Thursday: James 4	Saturday: Psalm 1

Talk it Over:

1. What percentage of good stuff enters your mind on a weekly basis? Bad?
2. Where do you get life giving thoughts?
3. What does reading your Bible with expectancy mean?
4. What is something you know you should be doing but you are having a hard time starting?
5. What is the big advantage to building your house on the rock vs. the sand?

Pastor Nathan's Prayer Requests

Monday: Pray for the church leadership as they prayerfully lead us.

Tuesday: Pray for Pastor Brian as he prepares the message God is giving him.

Wednesday: Pray for our discipleship classes and small groups.

Thursday: **Pray for the Worship Arts department as we plan to deliver God's Word through art.**

Friday: Pray for the youth and children in our church to be an impact to the people around them.

Saturday: Pray for our weekend services and those attending.