

Emotional/Mental Rest (Prt 3)

Listening Guide

“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.” Philippians 4:8

4 Requirements Necessary in order to “think about such things.”

1. Saturation of God’s Word
2. Renewal of the Mind
3. Yielding to the Spirit
4. Allow His healing in Your life

1. Saturation of His Word

Saturate yourselves in God’s Word. Fill to _____ your mind with His Word and the things that are of Him. (One place to start to really begin ‘thinking about such things’ is the Psalms. The Psalms teach us how to pray, how to grieve, how to rejoice, and how to worship. Any Christian who makes building a relationship with God a priority in their life will find great spiritual nourishment in the Psalms.

How do we saturate? We _____

Meditating is quiet contemplation of _____ and His spiritual truths.

“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.” Joshua 1:8

The word meditate precedes the admonition to be obedient. When we begin to think God’s thoughts after Him, a spontaneous overflow of our hearts is to DO what He asks. Meditation is an intentional time to find His direction and purpose for our lives. Personal, _____ meditation begins when we get alone and _____ before the Lord.

Be Still

“Be still and know that I am God,” Psalm 46:10

Be still means “take your hands off” - to literally “let go” - stop meddling

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Stillness brings us to the point where we can relax and be _____ before God. God wants you alone because He wants your _____, _____ attention.

2. Renewal of the Mind

“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.” Romans 12:2

One of the main reasons we may have a much harder time knowing what God’s will is, is because our minds are cluttered.

What clutters a mind?

prideful thoughts	unconfessed sins
covetous thoughts	lustful/greedy thoughts
selfish thoughts	stubborn thoughts
arrogant thoughts	bitterness/unforgiveness
TV, music, books, etc	worldly thoughts

How do we unclutter our minds?

- **Repent** - seek God’s forgiveness for sins we do knowingly and unknowingly

- **Meditate on Him** - saturate your heart and mind and soul with God’s Word and surrender your mind to Him

3. Yielding to the Spirit - (this is where you will spend time alone and quiet with the Lord in His Word)

4. Allow His Healing in Your Life

Our disobedience, or being the victim to someone else’s disobedience, can leave scarred places and wounded hearts. These wounds can have a toll on our faith, therefore, directly effecting our obedience. Praise God ... He is our Healer! He desires for our minds and emotions to be clear of the injuries so nothing will interfere with our obedience to Him - our obedience that comes from faith! (Romans 1:5)

“You anoint my head with oil; my cup overflows. Surely goodness and mercy will follow me all the days of my life. And I will dwell in the house of the Lord forever.” Psalm 23:5-6

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Yielding to the Spirit - Bible Study

Read Psalm 23 as you sit alone and quiet with the Lord.

Read the passage again, and this time read it out loud slowly - unrushed - not digging for meaning - just reading the words.

Read it now a 3rd time, but notice the words or phrase that seems to be drawing you closer to the heart of God. What word, words, or phrase is keeping your spiritual eyes on them? Jot it down.

Consider that God is inviting you to express what you want. Tell him honestly and plainly. Combine your deep desire with the words or phrase you chose and make it a prayer. Using 6, to 9, to 12 syllables, make it a prayer phrase to God - repeating it with each breath, such as "My Shepherd, You make me lie down." My Shepherd, You restore my soul." "You are with me, all the days of my life." "You comfort me, my cup overflows."

Throughout the day, pray your phrase as often as possible - as you drive, as you wait in line, as you exercise. At times your prayer may be in the foreground of your thoughts; at others, in the background. At the end of the day, think about how God responded to your desire - think about such things.

Why am I asking you to pray your phrase throughout the day? It's because

When David said, "Thou anoint my head with oil", he knew that as a shepherd, that anointing had to be repeated on the sheeps heads all day long, numerous times throughout the day in order to prevent the flies from resting on and laying their eggs in the sheeps mucus. David knew that it was the continuous anointing of oil on their heads that was most effective.

Just as with the sheep, there must be a continuous and repeated application of oil to forestall the "flies / the undesired thoughts and mental aggravations" in our life. There must be a continuous anointing of the Holy Spirit (HE IS OUR ANOINTING OIL) to counteract the ever-present aggravations and attacks of the enemy to our own heads (minds and thoughts). It is an anointing that needs to be repeated....but repeated in the assurance that it IS working.

Let's dig a little deeper:

Read 2 Corinthians 10:3-5

We must take captive every thought to make it obedient to Christ.

Did Jesus? Read Matthew 26:39, 42, 44 and then write down the number of times Jesus took captive His thoughts and made them obedient to His Father's will. _____

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Read John 18:11 - What do you see in Jesus now? What emotion? What has happened in his life from praying sweats of blood in the garden to this?

When we surrender our mind, ultimately our will, to obedience to God, we will be empowered by His Holy Spirit. It's never a possibility. It's a certainty. It is this daily, hourly anointing of God's gracious Spirit upon our minds which produce in our lives personality traits as

peace - joy - confidence - assurance - patience - kindness - hope - gentleness - self control

Before our next video, circle which word above YOU want to daily experience in your life. And spend these next few days looking up verses that speak directly to THAT ONE desire of your heart. Be still with God in His Word reading and fully meditating (throughout your days) on the verse or verses He gives you on that particular word.