

**SERIES: The Mind of Christ
“Let Christ Change Your Mind”
Philippians 2:5**

Big Idea – I need to have the mind of Christ.

Philippians 2:3 Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves.

4 Don't look out only for your own interests, but take an interest in others, too.

5 You must have the same mind, the same attitude that Christ Jesus had.

How can I have the mind of Christ? Let Christ change my mind.

1. I must know Jesus Christ personally as my Lord and Savior.

John 17:3 “This is the way to have eternal life—to know you, the only true God, and Jesus Christ, the one you sent to earth.”

“Biblical Christianity is having a personal relationship with Jesus Christ.”

Philippians 3:8 Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have discarded everything else, counting it all as garbage, so that I could gain Christ

9 and become one with him. I no longer count on my own righteousness through obeying the law; rather, I become righteous through faith in Christ. For God's way of making us right with himself depends on faith.

10 I want to know Christ and experience the mighty power that raised him from the dead. I want to suffer with him, sharing in his death,

2. I must be willing to let the Holy Spirit of Christ change me.

Problem? – No one likes to change.

3 times in life humans are most willing to change:

1. If hurting or desperate
2. If bored or restless
3. If I believe it's possible.

3. I need to understand that my thinking/thoughts/feelings control everything.

Proverbs 23:7 “For as he thinks in his heart, so is he.”

The average person has over 30,000 thoughts a day. Through an uncontrolled thought life, we create the conditions for illness; we make ourselves sick! 87% to 95% of the illnesses that plague us today are a direct result of our thought life. What we think about affects us physically and emotionally. It's an epidemic of toxic emotions.

Two different groups of emotions exist, positive faith-based emotions and negative fear-based emotions. Faith and fear are not just emotions, but spiritual forces with chemical and electrical representation in the body. Every emotion results in an attitude; an attitude is a state of mind that produces a reaction in the body and a resultant behavior. Fear, all on its own, triggers more than 1,400 known physical and chemical responses and activates more than 30 different hormones.

Thoughts are real things: they have a structure in your brain and occupy space. Thoughts are the same as memories. Thoughts and memories look like trees and are called neurons or nerve cells. You build a double memory of everything as a mirror image of each other. This means that the memory on the left side of the brain builds from the detail to the big picture; and the memory on the right side builds from the big picture to the detail. When you put these two perspectives of thought together, you get intelligent understanding taking place. As information comes in from the five senses, you process it in certain structures of your brain, then you grow branches on the "trees" to hold this information in long term memory.

Learn to actively analyze incoming information and thoughts to have increasing conscious awareness of your thoughts and how you are feeling. Examine every thought you have and ask yourself: is this good for me? Is it from God or the devil or my own confused thinking?

Thoughts have as much control as we give them. You should never let a thought or thoughts roam chaotically and unchecked through your mind. If they are toxic, they will eventually make you sick. Thoughts are real things with substance, and as such, they need to be controlled.

2 Corinthians 10:4-5 4 For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds,
5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

Wrong thinking produces wrong/bad/harmful actions.

Matthew 15:18 "...what people say with their mouths comes from the way they think; these are the things that make people unclean.

19 Out of the mind/the heart come evil thoughts, murder, adultery, sexual sins, stealing, lying, and speaking evil of others.

20 These things make people unclean; eating with unwashed hands does not make them unclean.“

4. I have the power “in Christ” to change my thoughts, my thinking, my mind.

Ephesians 4:21 I know that you heard about Him, and you are in Him, so you were taught the truth that is in Jesus.

22 You were taught to leave your old self—to stop living the evil way you lived before. That old self becomes worse, because people are fooled by the evil things they want to do.

23 But you were taught to be made new in your heart/your mind,

24 to become a new person. That new person is made to be like God—made to be truly good and holy.

Romans 12:1 I plead with you to give your bodies to God because of all He has done for you. Let them be a living and holy sacrifice—the kind He will find acceptable. This is truly the way to worship Him.

2 Don't copy the behavior and customs of this world, but let God transform you into a new person by renewing your mind/changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.