

Discipline of Mind

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Disciplines of a Godly Man by R. Kent Hughes

"Finally, brothers, 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)

"It is impossible for any Christian who spends the bulk of his evenings, month after month, week upon week, day in and day out watching the major TV networks or contemporary videos to have a 'Christian Mind.' This is always true of all Christians in every situation!! A Biblical mental program cannot coexist with worldly programming."

(R. Kent Hughes, p. 75)

SUMMARY:

A TV commercial for a scholarship fund says, "The mind is a terrible thing to waste!" God has amazingly designed our 3-4 pound brains with marvelous capabilities. It has been stated that the average person uses only 8-10% of their brain capacity!

NOTES:

DISCUSSION POINTS:

Introductory Question:

- ❖ What is the greatest battle that you wage daily in your mind?
- ❖ Do you agree/disagree with R. Kent Hughes statement that is quoted earlier on this sheet? Why or why not?
- ❖ What does Philippians 4:8 say about our thought-life?
- ❖ What kind of things are you doing (or will you do) to develop a Christian mind-set? Suggest some things.
- ❖ Have you ever tried to develop a plan of Scripture memorization/ meditation? Share what you have done.
- ❖ Name at least 3-4 Christian Books that have made a profound impact in your life.
- ❖ What is it going to take for you to have a greater discipline of mind?

APPLICATION:

❖

ON YOUR OWN...

Please Read & Meditate Upon The Word

Philippians 4:8

Proverbs 4:23; 23:7

Psalms 119:11, 97-100

Joshua 1:7,8

"The Battle For The Mind" by Tim LaHaye

"Living Above The Level of Mediocrity" by Charles R. Swindoll