I'M STEPPING INTO A SPIRITUAL STATE OF MIND

Cultivating a spiritual state of mind will empower me to fulfill God's designed destiny for my life.

KEY POINTS

- Proverbs 23:7 tells us that the way a person thinks is what they essentially become.
- If this is true, we have to conclude that "right thinking produces right actions" and, conversely, wrong thinking will produce wrong actions.
- Therefore, having a spiritual state of mind is a key component in being able to successfully live out God's designed purpose for our lives.
- The process of 'stepping into a spiritual state of mind' speaks to the transition from a 'carnal' mindset toward and into a 'spiritual' mindset.
- Paul told the Roman church to be transformed by the renewing of their minds so that they could fulfill God's will for their lives (Romans 12:2).
- A person with a carnal mindset focuses on self-gratification: "How does this make me feel? How can this benefit me? What is the impact on me?"
- A carnal mindset leads to doubt, selfishness and pride, which is not pleasing to God.
- The scripture lets us know that God "opposes the proud but gives grace to the humble" (James 4:6).
- This is why the Bible tells us to "Humble [ourselves …under the mighty hand of God, that he may exalt [us] in due time" (1 Peter 4:6).
- The carnal mind is interested in self-promotion: "How can I get ahead? How can I profit?"
- If our mindset is predominantly carnal or humanly focused, it will be difficult for us to be pleasing to God (Romans 8:5-9).
- But there is a liberation that we experience when we are filled with the Spirit of Christ.
- The Holy Spirit frees us from being carnally minded. "Where the Spirit of the Lord is there is liberty" (2 Corinthians 3:17).
- When a person has a spiritual state of mind, they focus on pleasing God.
- A spiritual state of mind produces humility, faith and obedience to the Word of God.
- Paul encouraged the Romans to give themselves to God, which was their "spiritual service of worship" (12:1). Yielding ourselves to God in worship will enable us to cultivate a spiritual state of mind.
- When I resolve that "I will bless the Lord at all times and that His praise will continually be in my mouth" (Psalms 34:1), I move toward a spiritual mindset.
- My spiritual service of worship involves prostrating myself before God, which produces self-denial, humility and obedience.

KEY SCRIPTURE: Romans 12:1-2

- Stepping into a spiritual state of mind compels us to act on the words of God.
- John the Baptist is a great example of what a spiritual state of mind looks like (John 3:26-30).
- John's life showed that his focus was not on his reputation or promoting his own interests; his focus was exalting Jesus.
- It's no wonder Jesus called John the Baptist the greatest prophet born of women (Luke 7:28).
- We see a practical example of having a spiritual state of mind in Romans 14:1-17. Here, Paul teaches that we shouldn't destroy each other over carnal things (e.g. 'acceptable' foods and the 'right' day of worship), because "the kingdom of God is not carnal," but it is "righteousness, peace and joy in the Holy Spirit" (14:17).
- A spiritual state of mind supports the 'golden rule' that we should treat people the way we want to be treated.
- A spiritual state of mind will truly empower us to fulfil God's designed destiny for our lives.

DISCUSSION/REFLECTION TOOLS

1. Why do you believe the way we think is so important – to God and for our spiritual growth and development?
2. Describe, in your own words, a 'carnal' mindset and compare it to a 'spiritual' state of mind.
3. Why do you think God values humility? (What other attributes does He want to see in His children? Reviewing Matthew 5 will help.)
4. How do you think having a spiritual state of mind helps someone to be more effective in living for God?
5. What activities can you engage in, or avoid, to facilitate your spiritual transition?

Prayer Time

Lord, please help me to cultivate a spiritual state of mind so that I can fulfill Your purpose for my life. In Jesus' name, amen.

L.G. ice-Breaker: Have you ever cared for something/someone from development to maturity? What are/were your greatest joys/fears over the process?

WEEK OF SUNDAY, JULY 29, 2018

NOTES

Meditate as you read through/listen to this week's message. If it helps, use symbols for your notes.

(Reminds me/Confirms) (New idea) (Think about)

 (Do this) (Speaks to my heart) (Must share)

PRAYER NEEDS/THANKSGIVINGS