

DISCIPLINE of the MIND




Discipline of the Mind

UNIT 1 – OUR SITUATION

1. The Real You
2. Defunct by Default
3. A New Creation

UNIT 2 – OUR STEWARDSHIP


1. Battle for the Mind
 2. Habits of the Heart
 3. Art of Redeemed Thinking
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Discipline of the Mind

UNIT 3 – OUR STRATEGY

1. *Love*: Practically Valuing Christ More
2. *Resolve*: Pursuing God's Glory and Our Joy
3. *Fight*: Preparing for Temptation

UNIT 4 – OUR SUPPLY

1. *Word*: Seeking the Mind of Christ
 2. *Prayer*: Seeking the Will of Christ
 3. *Spirit*: Seeking the Power of Christ
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Discipline of the Mind

UNIT 5 – OUR SATISFACTION

1. *Feelings*: Leading Our Own Hearts
2. *Hope*: Renewing Our Minds Daily in the Gospel
3. *Joy*: Striving with Our Minds for Joy in God's Glory



FEELINGS

LEADING OUR OWN HEARTS



*Let not your hearts be troubled.
Believe in God; believe also in me.*

John 14:1

ACTION

WILL

Mark 7:20
Matthew 12:34

Emote

Proverbs 15:13, 15

Perceive
(sensory)
Proverbs 15:30

REALITY
(or claim)

Feel

Proverbs 14:13; 20:5



Proverbs 4:23

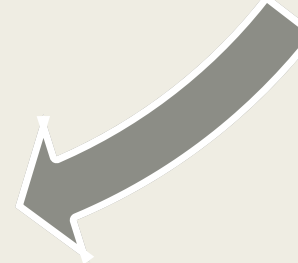
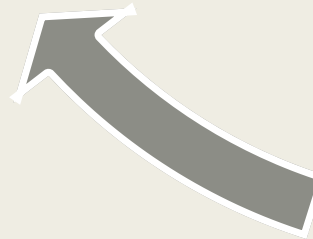
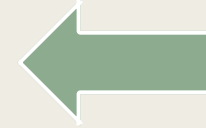
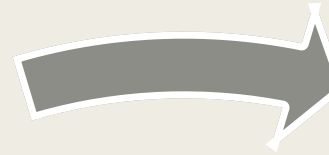
Process

- INSTINCT
- EXPERIENCE
- **UNDERSTANDING**

Psalms 13:5
Nehemiah 8:12
2 Corinthians 4:16

Interpret

Psalms 42:5, 11; 43:5; 77:3



LEADING YOUR HEART

1. **Don't ignore** your feelings
2. **Question** your feelings
3. **Test** your feelings
4. **Rehearse** the attributes and promises of God
5. **Preach** the gospel to yourself
6. **Listen** to Christ-centered music
7. **Fellowship** with others in Christ