

MEDITATIONS ON THE TRUE CHRISTIAN LIFE

....*"This book of the law [the Word of God] shall not depart from [always be in] your mouth, but you shall meditate on it day and night, so that you may be careful [take heed] to do according to all that is written in it; for THEN you will make your way prosperous, and THEN you will have success".... Joshua 1:8 NASB*

March 1st

A SOUND MIND

"sound" - entire; unbroken [*non-fragmented*]; not shaky, split or defective; undisturbed; whole; perfect; founded in truth [*sound principles - in this case, a revelation of absolute Truth abiding within that cannot be overthrown or refuted;*];

....*"God did not give us a spirit of fear [a fear-filled spirit], but of [a regenerated spirit - to be filled {unfused} with] power, and of love [trust], and of a sound mind [the Mind of Christ]".... 2 Timothy 1:7 Young's Literal Translation*

* As you overcome the grip of fear, you are then able to think more creatively, more positively. You are able to use your mind to its fullest potential as you are “transformed by the renewing of your mind” (Romans 12:2). As we have seen in the preceding section, “God hath not given us the [a] spirit of fear; but of power, and of love, and of a sound mind” (2 Timothy 1:7).

A sound mind thinks right. Often, you do injustice to the sound mind God has given you by failing to use it. It is not always necessary to seek some mystical direction in spiritual matters. Your sound mind—the gift of God—is quite capable of making sound decisions.

A sound mind avoids negative thoughts. Negative thoughts impede the function of sound thinking and should be avoided.

A sound mind thinks positive thoughts.

A sound mind thinks on the pure, never the impure. This world is contaminated by diseased thinking upon impure and illicit sex.

A sound mind never dwells on this unclean thought pattern.

A sound mind never creates lies or deceit. Since your mind is the source of all words and actions, never permit your mind to entertain untruth.

A sound mind meditates upon the Word of God. Much promise is given in the Scriptures to the value of meditation upon the Word. When you continually meditate upon the Word, you are assured of success and prosperity. (See Joshua 1:8; Psalm 1:3.)

A sound mind is stayed on God. “Thou wilt keep him in perfect peace, whose mind is stayed on thee” (Isaiah 26:3).

A sound mind dwells on good reports, not bad. A sound mind remembers the lovely things of life, not the unlovely.

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. (Philippians 4:8)

A sound mind is a renewed mind, renewed by the Word through the Holy Spirit. A sound mind refuses to harbor grudges, unforgiveness, ill will, and past injustices. A sound mind is a healthy mind, the gift of God.

Affirm these words: “God has given me a sound mind. Through this gift of a sound mind, I can make right decisions and think wholesome thoughts.”