



It's All in My Head

Bible Study Series

## Greeting To Each Of You

I have been privileged by God to be a pastor and I have been for many years now, but I also have been favored by God for more than thirty (30) years to have the opportunity to work with adults and children in the field of mental health. And even as I'm writing this, I currently work in the field of mental health and in my more than thirty (30) years of working with individuals with mental health, I believe without any doubt or hesitation that I have never seen it the way it is today. Mental health is running rampant today and there are many people who possibly and probably never thought in their life, they would be experiencing mental health themselves or having to deal with mental health with close family members. I would venture to say that mental health has and is affecting everyone who is reading this in some way, some form, or some fashion. I understand especially with my being a pastor of a Christian church, I understand that unfortunately the church for years has been and some still is in denial about mental health. Our church is not in denial about mental health, possibly because I work in this field every day and I understand that it is real, I understand that it is more to this than putting your hand on somebody's forehead and slapping them with olive oil, and telling the demon to come out. Mental health is real and it is more to it than that, but somehow along the way the church fell into that but may I just say to you now mental health is more than that. Today in our world you have people who are experiencing some real problems and they are having some real issues, and I want to say to us that we need to come out of denial and accept the fact this is a real issue that we need to face and we need to come to grips with, and the church needs to learn how to deal with it and stop acting as though it does not happen in YOUR church. Well the problem may not be that it's not happening in your church, the problem may be your attitude toward mental health have people afraid to admit the fact that they are having mental health issues, because you will then say that they are not saved. So you have many individuals because of the attitude of the church who are suffering in silence, but I want to venture to say that it is possible to be saved, sanctified and full of the Holy Ghost and yet still have problems with mental health. People who are saved still have issues with depression, and some of the other symptomology that go along with mental health. So I believe that is the reason God has led me to this series of lessons we are getting ready to do beginning Wednesday, May 8, 2024, we are going to be discussing some of these issues. I just finished a study on "It's Been Rough But I Survived" and now we will start this series entitled "It's All In My Head". May I say to you that even pastor's and preachers have to deal with issues that may be in their head, but by the grace of God I believe God is going to bring us through whatever we are experiencing. So you are welcome to join us as we explore this reality. It is my hope that you will be blessed by it.

D A Moye, Sr.

Pastor/Teacher

It's All In My Head  
Part I

How To Have A Disciplined Mind

Philippians 2:5-Let this mind be in you which was also in Christ Jesus,

How To Manage Temptation And Contemplation

1 Corinthians 10:13-No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear *it*.

What Is Going On In Your Head?

What Are You Hearing? What Are You Thinking? What Are You Believing?

What Is Temptation?

Temptation-The desire to do something, especially something wrong or unwise.

What Is Contemplation?

Contemplation-The action of thoughtfully looking at something along time, deep reflective thought. It is deep reflective thought, that my desires caused me to focus longer on things than I should have.

Matthew 15:19-For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies.

Matthew 5:27,28-“You have heard that it was said to those of old, ‘You shall not commit adultery.’<sup>28</sup> But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart.

- A. Situation Selection-You Have To Learn To Avoid Situations Where Temptation Is Present
  - B. Situation Modification-You Alter Your Situation To Minimize The Influence It Could Have On You
  - C. Distraction-Diverting Your Attention And Energy And Shifting It Towards Something Positive
- Reappraisal-I Change The Way You Think About The Target Of Your Temptation And Contemplation

Reappraisal Is When You Ask Questions  
It Feels Good  
But Is It Worth My Health  
Is It Worth My Children  
Is It Worth My Reputation  
Is It Worth My Destiny

Response Inhibition-I Exert An Effort To Shun The Temptation By Looking Deeper To See If It's  
Good For Me

You Have To Take Your Thoughts Into Submission And Examine Them Closely

The Battle Of The Mind

A. Challenge Your Thoughts

Bohdi Sanders: "When you react, you let others control you. When you respond, you are in control."

2 Timothy 2:22-Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart.

When I Pursue Righteousness In My Mental Space My Desires Begin To Change

You Have To Bring Your Mind Into Submission

Part Of Head Health Is Knowing How To Have The Delicate Balance Between Being A Smart Person And Being A Bright Person

Philippians 2:5-11-Let this mind be in you which was also in Christ Jesus, <sup>6</sup> who, being in the form of God, did not consider it robbery to be equal with God, <sup>7</sup> but made Himself of no reputation, taking the form of a bondservant, *and* coming in the likeness of men. <sup>8</sup> And being found in appearance as a man, He humbled Himself and became obedient to *the point of* death, even the death of the cross. <sup>9</sup> Therefore God also has highly exalted Him and given Him the name which is above every name, <sup>10</sup> that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, <sup>11</sup> and *that* every tongue should confess that Jesus Christ *is* Lord, to the glory of God the Father.

What Is Willpower?

Willpower: The ability to delay gratification, resisting short-term temptations in order to meet long-term goals. The capacity to override an unwanted thought, feeling, or impulse.

Willpower Can Be The Difference Between Your Breakthrough and Your Breakdown

1 Corinthians 15:2-by which also you are saved, if you hold fast that word which I preached to you—unless you believed in vain.

Marcus Aurelius: “The happiness of your life depends upon the quality of your thoughts. Take control of what you think about.”

2 Corinthians 10:5-Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

## Imaginations Root Word-Images

### How To Navigate What You Can't Control

When You Bring Your Thoughts Into Captivity, You Bring Those Thoughts Into The Obedience  
Of Jesus Christ

### Principles To Navigate Things You Can't Control

Focus On What You Can Control By Disciplining Your Mind To Understanding  
I may not be able to control what happens to me, but I can control how I respond to it.

Stop Living A False Reality-Stop Living Something That's Not Your Truth  
Practical Honesty-Accept Your Situation Is Out Of Control  
You Can't Allow Fear To Get In Your Way

Gary Busey: “Fear is the dark room where the Devil develops his negatives.”

1 Corinthians 10:23-All things are lawful for me, but not all things are helpful; all things are lawful for me, but not all things edify.

Sigmund Freud-Being entirely honest with oneself is a good exercise.

Lamentations 3:21-26-This I recall to my mind, Therefore I have hope. <sup>22</sup> *Through* the LORD's mercies we are not consumed, Because His compassions fail not. <sup>23</sup> *They are* new every morning; Great *is* Your faithfulness. <sup>24</sup> “The LORD *is* my portion,” says my soul, “Therefore I hope in Him!” <sup>25</sup> The LORD *is* good to those who wait for Him, To the soul *who* seeks Him. <sup>26</sup> *It is* good that *one* should hope and wait quietly For the salvation of the LORD.

John 14:15-18-“If you love Me, keep My commandments. <sup>16</sup> And I will pray the Father, and He will give you another Helper, that He may abide with you forever— <sup>17</sup> the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you. <sup>18</sup> I will not leave you orphans; I will come to you.

## Jeremiah Had A Moment Don't Allow A Moment To Rob You Of Your Momentum

Jeremiah 1:4-10-Then the word of the LORD came to me, saying: <sup>5</sup>“Before I formed you in the womb I knew you; Before you were born I sanctified you; I ordained you a prophet to the nations.” <sup>6</sup> Then said I: “Ah, Lord GOD! Behold, I cannot speak, for I *am* a youth.” <sup>7</sup> But the LORD said to me: “Do not say, ‘I *am* a youth,’ For you shall go to all to whom I send you, And whatever I command you, you shall speak. <sup>8</sup> Do not be afraid of their faces, For I *am* with you to deliver you,” says the LORD. <sup>9</sup> Then the LORD put forth His hand and touched my mouth, and the LORD said to me: “Behold, I have put My words in your mouth. <sup>10</sup> See, I have this day set you over the nations and over the kingdoms, To root out and to pull down, To destroy and to throw down, To build and to plant.”

## Jesus Had A Moment

Matthew 4:1-4-Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. <sup>2</sup> And when He had fasted forty days and forty nights, afterward He was hungry. <sup>3</sup> Now when the tempter came to Him, he said, “If You are the Son of God, command that these stones become bread.” <sup>4</sup> But He answered and said, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’ ”

## 3 Ways To Maintain A Disciplined Mind

### 1. Understand Deliverance-A Process You Have To Work Through

Luke 4:13-Now when the devil had ended every temptation, he departed from Him UNTIL an opportune time.

Mathew 12:43-45-“When an unclean spirit goes out of a man, he goes through dry places, seeking rest, and finds none. <sup>44</sup> Then he says, ‘I will return to my house from which I came.’ And when he comes, he finds *it* empty, swept, and put in order. <sup>45</sup> Then he goes and takes with him seven other spirits more wicked than himself, and they enter and dwell there; and the last *state* of that man is worse than the first. So shall it also be with this wicked generation.” NKJV

Matthew 12:43-45-“When a defiling evil spirit is expelled from someone, it drifts along through the desert looking for an oasis, some unsuspecting soul it can bedevil. When it doesn't find anyone, it says, ‘I'll go back to my old haunt.’ On return it finds the person spotlessly clean, but vacant. It then runs out and rounds up seven other spirits more evil than itself and they all move in, whooping it up. That person ends up far worse off than if he'd never gotten cleaned up in the first place. “That's what this generation is like: You may think you have cleaned out the junk from your lives and gotten ready for God, but you weren't hospitable to my kingdom message, and now all the devils are moving back in.” The Message

## 2. You Got To Starve Your Old Nature

Luke 16:10-He who *is* faithful in *what is* least is faithful also in much; and he who is unjust in *what is* least is unjust also in much.

Psalm 124:7-Our soul has escaped as a bird from the snare of the fowlers; The snare is broken, and we have escaped.

## 3. Feed The New Nature

Colossians 3:10,11-and have put on the new *man* who is renewed in knowledge according to the image of Him who created him, <sup>11</sup> where there is neither Greek nor Jew, circumcised nor uncircumcised, barbarian, Scythian, slave *nor* free, but Christ *is* all and in all.

Proverbs 13:4-The soul of a lazy *man* desires, and *has* nothing; But the soul of the diligent shall be made rich.

The Real Cure To Temptation Is Discipline

The Real Cure To Contemplation Is Discipline

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## Part II

### How To Prevent Mental Exhaustion And Burnout

Matthew 11:28-30-Come to Me, all *you* who labor and are heavy laden, and I will give you rest. <sup>29</sup>Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup>For My yoke *is* easy and My burden is light.”

### What Is Burnout?

The Loss Of Meaning In One’s Work, Coupled With Mental, Emotional, And Physical Exhaustion As The Result Of Long-Termed Unresolved Stress.

Helpguide.org Defined Burnout This Way: Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands.

Sam Keen: “Burnout is nature's way of telling you, you've been going through the motions your soul has departed; you're a zombie, a member of the walking dead, a sleepwalker. Go home”

### What About Me, What About Me

Mokokoma Mokhonoana: “Relaxing brings weakness, when done by a muscle; but brings strength, when done by a person.”

### 5 Stages Of Burnout

1. The Honeymoon Phase-You Want To Take On A New Task, You Often Start By Experiencing A Burst Of Energy And Creativity

Najamah Davis said: “When the burden is not yours to carry, put it down.”

Dale Moye, Sr.: “Stop carrying everybody else’s trash to the curb, let them take care of their own.”

2. The Onset Of Stress-You Blame The Institution When Really There Is Something Going On Inside Of You.
3. Chronic Stress-Your Stress Level Changes, You Move From Motivation To Depletion

Najamah Davis said: “Sometimes, exiting a space allows your roots to spread and your potential to grow.”

4. Burnout-The Feeling Of Emptiness Inside, You Are Just Going Through The Motions
  5. Habitual Burnout-Burnout Symptoms Are Embedded In Your Life And You Experience Significant Physical And Emotional Instability.
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## 6 Ways To Stop Worrying About What You Can't Control

### 1. Determine What You Can't Control

You Can't Prevent A Storm, But you Can Prepare For It; You Can't Control How Someone Behaves, But You Can Control How You Respond To It.

Matthew 6:34-Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day *is* its own trouble.

Michael J. Fox-"If you have one foot in yesterday and one foot in tomorrow, the only place you are not experiencing is today."

### 2. Focus On Your Influence

You Can Influence People And Circumstances, But You Can't Force Things To Go Your Way

### 3. You Must Identify Your Fears

What Are You Afraid Is Going To Happen; Are You Predicting A Catastrophic Outcome

Stop Going Into Fox Holes That Lead To Nothingness

You Have To Stop Ruminating And Start Solving Problems

Amit Ray: "As cow, deer, and goat chew food again and again in endless circles, overthinking creates an endless loop and exhaust energy.

### 4. You Got To Create A Plan To Manage Your Stress

Take Time To Manage Your Stress, And Pay Attention To Your Stress Level

### 5. And Eliminate Unhealthy Coping Skills

Be Careful Not To Develop Bad Habits And Unhealthy Coping Skills As You Default

### 6. Develop Healthy Affirmations

Develop Healthy Mantras Based On Scripture To Help You Combat Self Doubt, Catastrophic Predictions and Endless Rumination

Burnout Recovery And Prevention

Harvard Business Review November 2016 Edition

Burnout Can Feel Insurmountable But The Sense Of Being Overwhelmed  
Is A Signal Not A Long Term Sentence

#### 4 Strategies For A Road Map To Burnout Prevention

##### A. You Prioritize Self-Care

It is essential to replenish your physical and emotional self, to assess how you're spending your time, limit your exposure to task, people and situations that are not essential, and put you in a negative mood, and then increase your investment in those that boost your energy, and make space for restful positive time away from your everyday commitment.

Norm Kelly said: "You can't pour from an empty cup. Take care of yourself first."

##### B. Shift Your Perspective

Rest and Relaxation Are Very Important But They Don't Always Address The Root Cause

Assess Your Mindset And Your Assumptions

You Have To Decide Which Situations Are Fixed And Which Can You Change

Colossians 3:1-3-If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. <sup>2</sup>Set your mind on things above, not on things on the earth. <sup>3</sup>For you died, and your life is hidden with Christ in God.

Reduce Exposure To Job Stressors

##### C. You Need To Learn To Reset Expectations You Cannot Be Everything To Everybody

##### D. Seek Out Connections

Christian Weapons To Prevent Burnout

You Have To Live By God's Desire

Colossians 3:23-And whatever you do, do it heartily, as to the Lord and not to men,

We Have To Let God Direct And Design Our Plans

Whatever You Do For God, Have A Burning For It But Never Let It Burn You Out

Psalm 40:4-Blessed *is* that man who makes the LORD his trust, And does not respect the proud, nor such as turn aside to lies.

John 13:7-Jesus answered and said to him, "What I am doing you do not understand now, but you will know after this."

Stock The Pond

Whatever You Do For God, Have A Burning For It But Never Let It Burn You Out

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## Part III

### A Place Of Peace

Isaiah 54:10-For the mountains shall depart And the hills be removed, But My kindness shall not depart from you, Nor shall My covenant of peace be removed," Says the LORD, who has mercy on you.

What is Peace-Peace is freedom from disturbance, tranquility includes notions of totality and completeness, success, fulfilment hope, wholeness and wellbeing.

Peace is never the absence of tension or stress, but it is the revelation of God's word in the midst of your situation.

Peace Is A Relational Term-That You Must Have Peace Vertically And Horizontally

You Cannot Be At Peace With Christ If You Are Not At Peace With Everyone Else

Marvin Gaye said: "If you cannot find peace within yourself, you will never find it anywhere else."

Peace Is A Communal Term-Peace Is Available For Everybody Not Just A Few

Peace Is A Redemptive Term-Where There Is No Peace There Will Be Sin

Romans 5:1-5-Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ,<sup>2</sup> through whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God.<sup>3</sup> And not only *that*, but we also glory in tribulations, knowing that tribulation produces perseverance;<sup>4</sup> and perseverance, character; and character, hope. <sup>5</sup> Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.

How Do We Walk Through Life Circumstances In A Spirit Of Peace?

The Child Of God Ought To Seek Peace

1 Peter 3:11-Let him turn away from evil and do good; Let him seek peace and pursue it.

How Do You Seek Peace?

How Do We Find Peace In A World That Has Become Highly Divisive And loud?

Ezekiel 36:26,27-Moreover I will make a covenant of peace with them, and it shall be an everlasting covenant with them; I will establish them and multiply them, and I will set My sanctuary in their midst forevermore. <sup>27</sup> My tabernacle also shall be with them; indeed I will be their God, and they shall be My people.

You Can't Have Peace Without His Presence

No God, No Peace

Know God, Know Peace

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How Do I Come To A Place Of Peace In The Midst Of Chaos?

You Have To Pause And Pray

Take Some Time To Mentally Remove Yourself From The Noise Of Life

Thomas Merton-"Prayer does not blind us to the world, but it transforms our vision of the world."

You Got To Be The Light

You Can Overcome Chaos By Being The Light

Matthew 5:14-You are the light of the world. A city that is set on a hill cannot be hidden.

Martin Luther King, Jr.-"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

Peace In The Life Of The Christian Should Be Of High Priority

Acts 15:6-Now the apostles and elders came together to consider this matter. <sup>7</sup> And when there had been much dispute, Peter rose up *and* said to them: "Men *and* brethren, you know that a good while ago God chose among us, that by my mouth the Gentiles should hear the word of the gospel and believe. <sup>8</sup> So God, who knows the heart, acknowledged them by giving them the Holy Spirit, just as *He did* to us, <sup>9</sup> and made no distinction between us and them, purifying their hearts by faith. <sup>10</sup> Now therefore, why do you test God by putting a yoke on the neck of the disciples which neither our fathers nor we were able to bear? <sup>11</sup> But we believe that through the grace of the Lord Jesus Christ we shall be saved in the same manner as they." <sup>12</sup> Then all the multitude kept silent and listened to Barnabas and Paul declaring how many miracles and wonders God had worked through them among the Gentiles. <sup>13</sup> And after they had become silent, James answered, saying, "Men *and* brethren, listen to me: <sup>14</sup> Simon has declared how God at the first visited the Gentiles to take out of them a people for His name. <sup>15</sup> And with this the words of the prophets agree, just as it is written:

Peace Is About Getting To The Source

Allow God To Bandage The Wounds Caused By Chaos

Luke 10:34-So he went to him and bandaged his wounds, pouring on oil and wine; and he set him on his own animal, brought him to an inn, and took care of him.

Find Time For Silence

When You Practice It Puts You In Position To Hear From God

Kilroy J. Oldster said: Silence is the best language to speak in when you have lots of things to say. Life's most precious moments are not all loud or uproarious. Silence and stillness has its own virtues.

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Matthew 5:9-12-Blessed *are* the peacemakers, For they shall be called sons of God.  
<sup>10</sup> Blessed *are* those who are persecuted for righteousness' sake, For theirs is the kingdom of heaven. <sup>11</sup> Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. <sup>12</sup> Rejoice and be exceedingly glad, for great *is* your reward in heaven, for so they persecuted the prophets who were before you.

Unknown Author: "Too many of you can't move in silence because you want applauses from an audience that doesn't even care about you."

### How Do You Maintain Peace?

#### You Have To Depend Exclusively On God

Number 6:24-26-"The LORD bless you and keep you; <sup>25</sup> The LORD make His face shine upon you, And be gracious to you; <sup>26</sup> The LORD lift up His countenance upon you, And give you peace."

Dr. Edmund Kuchereras said: "Never put Temporary people in the Permanent place of your Life, and don't be afraid of Removing the Wrong People from the Right Place of your Life."

#### Unforgiveness Will Rob You Of Your Peace

#### You Have To Walk In Love

Psalm 85:10-Mercy and truth have met together; Righteousness and peace have kissed.

#### Learn To Elevate Your Thoughts And Your Spirit Above Pettiness

#### You Have To Renew You Mind

Isaiah 26:3-You will keep *him* in perfect peace, *Whose* mind *is* stayed *on* *You*, Because he trusts in You.

#### You Have To Learn To Surrender You Got To Kill Sin Or Sin Will Kill You

1 John 1:9-If we confess our sins, He is faithful and just to forgive us *our* sins and to cleanse us from all unrighteousness.

#### We Must Delineate The Difference In Peace In The World And Peace In Christ

#### The Peace Of The World Is Fleeting

The World Gives You Something External In Place Of An Internal Need Therefore You Are  
Never Satisfied

John 14:1,2-"Let not your heart be troubled; you believe in God, believe also in Me. <sup>2</sup> In My Father's house are many mansions; if *it were* not *so*, I would have told you.

John 14:27-Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

Leviticus 26:6-I will give peace in the land, and you shall lie down, and none will make *you* afraid; I will rid the land of evil beasts, and the sword will not go through your land.

Peace-It is never the absence of tension but it is the revelation of God in the midst of the chaos in your life.

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Part IV  
The Art Of Making Up Your Mind

Matthew 5:37-But let your 'Yes' be 'Yes,' and your 'No,' 'No.' For whatever is more than these is from the evil one.

Doublemindedness-Translated As Confused

Frank Boreham-"We make our decisions, and then our decisions turn around and make us."

3 Ways Indecision Makes Us Unstable

Emotionally

Proverbs 25:19-Confidence in an unfaithful *man* in time of trouble *is like* a bad tooth and a foot out of joint.

The Double-Minded

James 1:8-*he is* a double-minded man, unstable in all his ways.

When Life Is Unstable The Mind Is Unsettled And Lacks Convictions

Where There Is No Stability There Is Vulnerability And Where There Is Vulnerability There Is Gullibility

Cold Or Hot

Revelation 3:15-17-"I know your works, that you are neither cold nor hot. I could wish you were cold or hot. <sup>16</sup> So then, because you are lukewarm, and neither cold nor hot, I will vomit you out of My mouth. <sup>17</sup> Because you say, 'I am rich, have become wealthy, and have need of nothing'—and do not know that you are wretched, miserable, poor, blind, and naked—

When You Are Unstable You Have No Direction For Your Life

Joshua 24:15-And if it seems evil to you to serve the LORD, choose for yourselves this day whom you will serve, whether the gods which your fathers served that *were* on the other side of the River, or the gods of the Amorites, in whose land you dwell. But as for me and my house, we will serve the LORD."

You Got To Empower Yourself To Live A Life Of Maturity Not A Life On Fence

John 9:20-23- His parents answered them and said, "We know that this is our son, and that he was born blind; <sup>21</sup> but by what means he now sees we do not know, or who opened his eyes we do not know. He is of age; ask him. He will speak for himself." <sup>22</sup> His parents said these things because they feared the Jews, for the Jews had agreed already that if anyone confessed *that* He *was* Christ, he would be put out of the synagogue. <sup>23</sup> Therefore his parents said, "He is of age; ask him."

1 Corinthians 13:11-When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things.

### Obey The Voice Of God

Deuteronomy 28:1-4-“Now it shall come to pass, if you diligently obey the voice of the LORD your God, to observe carefully all His commandments which I command you today, that the LORD your God will set you high above all nations of the earth. <sup>2</sup> And all these blessings shall come upon you and overtake you, because you obey the voice of the LORD your God: <sup>3</sup>“Blessed *shall you be* in the city, and blessed *shall you be* in the country. <sup>4</sup>“Blessed *shall be* the fruit of your body, the produce of your ground and the increase of your herds, the increase of your cattle and the offspring of your flocks.

There Are Consequences When You Make Up Your Mind To Obey God

Every day You Have Choices, Then Decisions, Then Consequences

#### How To Make Up Your Mind

1. Admit Your Need  
Pride Blocks Wisdom

James 1:6-But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind.

James 1:5-If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.

He Already Knows, You Can't Hide What God Is Already Aware Of, God Already Cares He Is Not Like Fickle People, God Is Consistent And God Will Provide He Will Meet All Of Your Needs

Wisdom Is Different Than Knowledge

Wisdom Is Knowledge Put Into Practice

1. You Have To Ask The Right Questions

Proverbs 11:2-When pride comes, then comes shame; But with the humble is wisdom.

James 4:2-You lust and do not have. You murder and covet and cannot obtain. You fight and war. Yet you do not have because you do not ask.

New Testament Says 29 Times: Ask And It Shall Be Given

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In The Greek It Means To:  
Keep On Asking; To Be Consistent; To Be Continual

2. You Must Ask The Proper Way Believing And Not Doubting

When You Ask For Wisdom  
The Key Is Prayer  
The Condition Is Faith

Hebrews 11:6-But without faith *it is* impossible to please *Him*, for he who comes to God must believe that He is, and *that* He is a rewarder of those who diligently seek Him.

Matthew 14:29,30-So He said, "Come." And when Peter had come down out of the boat, he walked on the water to go to Jesus. <sup>30</sup> But when he saw that the wind *was* boisterous, he was afraid; and beginning to sink he cried out, saying, "Lord, save me!"

You Got To Get Your Actions To Fall Into Alignment With Your Mind

The Quality Of Your Life Will Be Determined By The Wisdom Of Foolishness In Your Decision

A. Live Like Your Decisions Affect Your Destiny And They Do

B. Stop Living life In The Middle

Living Life On Autopilot Is Dangerous, And Going With The Wind Is Good For The Movies But It Is Not Of God

Destiny Is The Customize Life Calling In Which God Is Ordained For Your Life You Cannot Live This Life Without Making A Choice

Matthew 4:19,20-Then He said to them, "Follow Me, and I will make you fishers of men." <sup>20</sup> They immediately left *their* nets and followed Him.

C. There Is Power In The Prize

1 Corinthians 9:24-27-Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain *it*. <sup>25</sup> And everyone who competes *for the prize* is temperate in all things. Now they *do it* to obtain a perishable crown, but we *for an imperishable crown*. <sup>26</sup> Therefore I run thus: not with uncertainty. Thus I fight: not as *one who* beats the air. <sup>27</sup> But I discipline my body and bring *it* into subjection, lest, when I have preached to others, I myself should become disqualified.

Angel Reese Slide

Philippians 3:8-Yet indeed I also count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish, that I may gain Christ

Philippians 3:12-16-Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. <sup>13</sup> Brethren, I do not count myself to have apprehended; but one thing *I do*, forgetting those things which are behind and reaching forward to those things which are ahead, <sup>14</sup> I press toward the goal for the prize of the upward call of God in Christ Jesus. <sup>15</sup> Therefore let us, as many as are mature, have this mind; and if in anything you think otherwise, God will reveal even this to you. <sup>16</sup> Nevertheless, to *the degree* that we have already attained, let us walk by the same rule, let us be of the same mind.

Isaiah 42:9-Behold, the former things have come to pass, And new things I declare; Before they spring forth I tell you of them.

Yesterday Is A Canceled Check  
Tomorrow Is A Promissory Note  
And All You Have Is Right Now

E. Stanley Jones said: "If you don't make up your mind, your unmade mind will unmake you."

Matthew 6:33-But seek first the kingdom of God and His righteousness, and all these things shall be added to you.