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# Only Jesus

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## Part 5 - Submitted Mind

### **Q: "What are you feeding your mind"**

..."A submitted mind is a belief in the goodness and authority of Jesus over our lives that shapes the way we think, perceive and make daily choices."

### **Mark 1:15**

- "Change your mind, change your life"

A few years ago, I saw a homeless man holding a sign that read, "Keep your money, I want *real change*". I think lots of people want change, seek breakthrough, and we live in a time where you might think it is easy, but it's not. We have access to so much information, podcasts, inspiring images, daily quotes, but rarely is change experienced where it is needed most.

Let's be real—we see all sorts of addiction in our culture. There's no shortage of meaningless distraction and mindless activity people use for mental escapes from a reality many feel powerless to change. I think that's why the tag line for Alpha attracts so many people exploring big questions, "*there must be more to life than this?*".

### ***Real Change - what must I do?***

Luke 10: 25-28

***We've got a History....***

***We've got a destiny...***

John 14:6

## **A New Alignment**

### *Battle of the Mind*

Corinthians 10:5

### *Battlefield of the Mind: Three Strategies*

#### **1. Get out of the dirt (Truth)**

Luke 15

John 8:32

*Response: Get your mind out of the dirt by:*

##### **+ Know the truth**

Hosea 4:6

##### **+ Re-align thinking patterns**

Philippians 4:8

#### **2. Don't compromise (Discipline)**

*Response: Don't compromise your thinking:*

##### **+ Live by what you know not what you feel.**

##### **+ Live by Christ not by culture.**

*"A dead thing can go with the stream, but only a living thing can go against it." - GK Chesterton*

Romans 12:2. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. (NIV)



3. How have the disciplines of reading the Bible, prayer, or participating in the life of the church community helped shape your mind?
  
4. Discuss what's been on your mind lately with someone in your group. As you listen to one another be attentive to how you might encourage them in prayer, with a scripture verse, or if you sense the Spirit leading you to share something particular.
  
5. **Try This:** Read the whole chapter of Philippians 2. Observe how Paul's encouragement is to be of the same "mindset of Christ" (5), which becomes reflected in the way Paul, Timothy and even Epaphroditus then chose to love others in selfless ways later in the chapter.

How might this inspire or shift your perspective in the places God has placed you each day? How might the "mind of Christ" be reflected in your daily life in a more significant way?