

Living an Excellent Life
Mind Management
Galatians 6:7-10

Your mind is like a computer, it only spits out the data that you feed it. Managing our mind should be one of our top priorities. Winners work hard at investing the right material inside them. Recently I learned about this tiny membrane in the back of our heads called RAS: Reticular Activating System. The RAS has a primary function; it moves you in the direction of your dominant thought at that moment. We naturally act on what fills our mind. When we become so preoccupied with a thought, we will eventually act upon it. This explains a lot when it comes to violence in society: Pornography leads to rape or marital dissatisfaction. Violent videos, games, and music have been proven to reduce levels of cognitive function. Focusing on joy and abundance leads to a fulfilling lifestyle.

Today, let's focus on Biblical Mind Management.

I. Reaping and sowing are directly related to our _____ management.

A. GIGO = _____. v.8

1. We can _____ our thoughts.
2. Focusing on God lets me see _____.
3. Focusing on God allows one to act in a _____ manner.

B. GIGO = _____. v.8

1. We see what we _____ on.
2. Focusing on the world steals my _____.
3. Focusing on the world steals my _____.

II. Biblical mind management takes _____. v.9

- A. Some of us have to empty the _____.
- B. You cannot take out the bad without adding something _____.
- C. Our #1 job is managing the wonderful mind that we have been _____.

Conclusion

1. Doing good to people is God's way of helping us _____ our mind management.
2. You will exercise Biblical control or _____ else will.
3. The Holy Spirit is our _____.