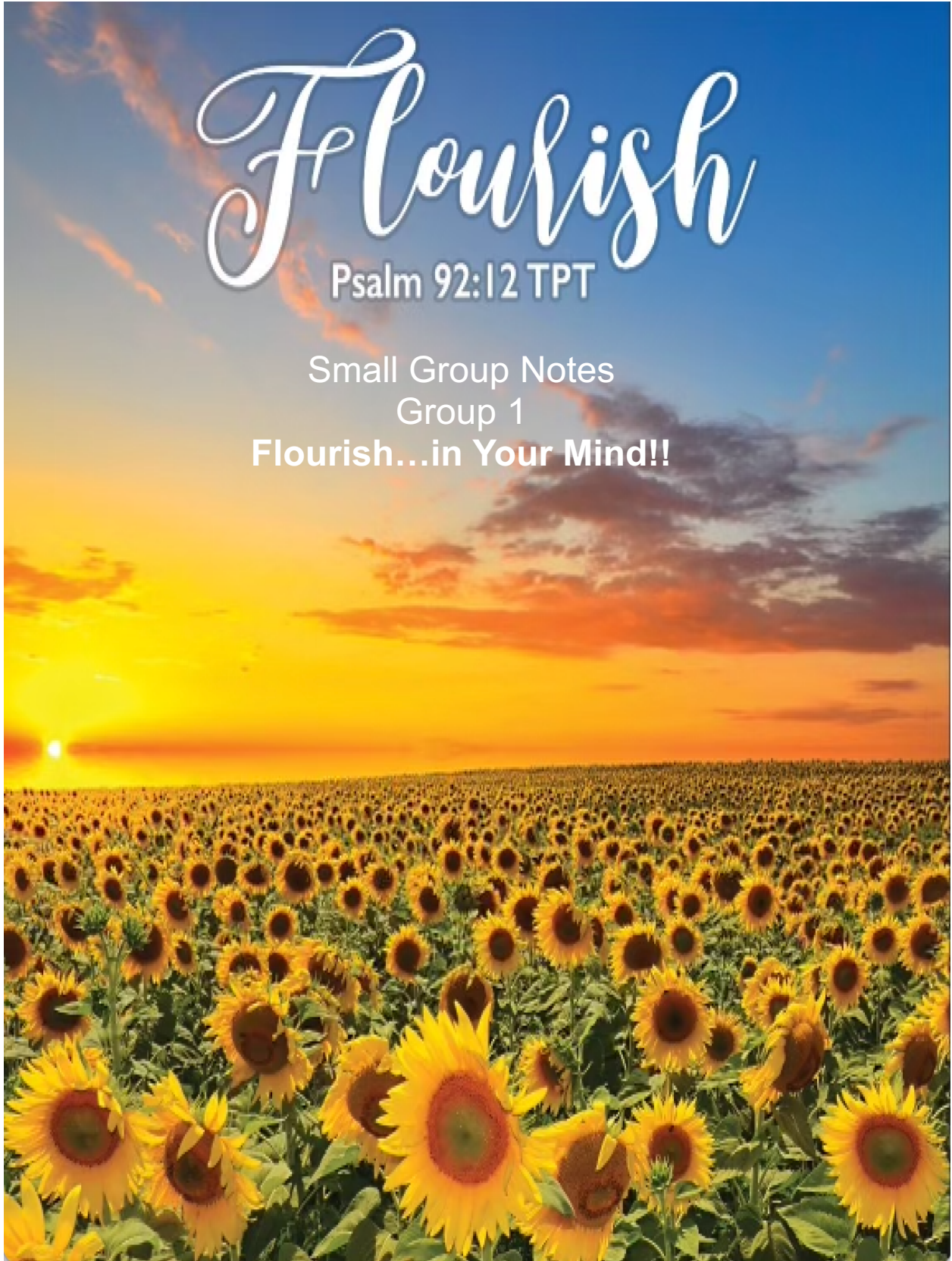


# Flourish

Psalm 92:12 TPT

Small Group Notes  
Group 1  
**Flourish...in Your Mind!!**



~ **Session 3 – Small Group #1** ~  
*FLOURISH...in Your Mind!*  
*Building and Sustaining a Healthy Mind*

**Proverbs 25:28** - He that hath no rule over his own spirit is like a city that is broken down, and without walls.

In Bible days, the greatest protection a city had were its walls which encircled it. At night the inhabitants would shut the gates, guard the walls, and watch for intruders. **The walls were built to protect the city and its inhabitants.** If enemies tried to get in, they had to go over the walls or come in through the gates. Of course, if they gained access into the city, they could spoil, ravage, and kill its inhabitants. **So it was very important to keep the walls and gates in good repair.**

**Walls and Gates-Word of God, Praise, Blood of Jesus, Grace, Mind, Will, Emotions, etc...**

*Building*

1. Thinking determines our **spiritual health** - **Proverbs 25:28** - opening Scripture
2. Provision has been made - We understand that we are to have sound mind - 2 Tim. 1:7 - **For God has not given us a spirit of fear, but of power and of love and of a sound mind.** 3 John 2; 1 Thes. 5:23.
3. We recognize our position in Christ

**Proverbs 5:23 (TLB) - Be careful how you think! Your life is shaped by your thoughts!**  
**Healthy Mind** -

- \*Controlled mind-ability to control your thoughts
- \*Law of the Lord is in your mind
- \*Your mind is working right
- \*A renewed mind is one whose life has come under the Lordship of Christ-Norman Robertson
- \*At peace, without turmoil or anxiety

**Unhealthy Mind** - Frank Dimazio

- \*Begins with uncontrolled thoughts
- Uncontrolled means there is no screen on the window-bugs come in-no resistance-it can ruin your life

*Building and Sustaining a Healthy Mind*

***Always remember! - Satan cannot directly attack your heart. He has to work from the outside in. He begins with the mind. He begins with your mind and your thoughts. He attacks from outside the walls, battling you with thoughts so you'll open the gate.***

The thought enters into our mind and goes through a decision-making process. Your mind makes decisions about **who** goes into the city! Your mind will then search like a computer to see if any information concerning this thought has been filed away. If it has, and you have been accustomed to accepting wrong thoughts, then you are going to have to make a conscious decision to reject that thought. You must de-program the thought, as it has been

'filed away' into your computer as 'accepted'...it can be removed over a period of time by continually rejecting the thought and counteracting it with the Word of God. As you begin to take authority over the thoughts that enter your mind, you can repair your walls and get your heart healed.

**1. Repent** - change your mind

**2. Eph. 4:22, 23** - Put off, concerning your former conduct, the old man...and be **renewed** in the spirit of your mind.

**3. Renewal of the mind-Romans 12:3** - Be not conformed to this world, but be transformed by 'the renewing of your mind'...**Renewing of the mind** is not just learning, but actually applying what we learn...to 'renew' the mind means to 'get a new mind'!

**4. Meditation** - To "meditate" literally means "to mutter"-continually speaking God's Word over and over to oneself...this takes time to digest-you must chew on this 'food', much the way you must chew on 'natural food' in order for it to be processed correctly and be absorbed into your body...the Word of God needs time to be 'chewed' and then absorbed correctly, and eventually affect the soul.

**Psalm 19:7** - The law of the Lord is perfect, **converting** the soul...**converting-restoring the soul...**

**James 1:21(AMP)** - So get rid of all uncleanness and in a humble spirit receive and welcome the Word which implanted and rooted (in your hearts) **contains the power to save your souls.**

**5.** Spend ample time in the Presence of God **and allow Him** to continually 'wash over you', your thoughts, your heart and your mind...

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Please take advantage of our teaching "**11 Ways to Renew the Mind**"  
available in our book

**Power, Love and a Sound Mind**  
or on our website under "**Free Downloadable Notes.**"

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