

BBCC Bible Study Notes
“What Was I Thinking?”
June 7, 2020

WHY IS IT SO IMPORTANT TO MANAGE YOUR MIND?

1. Because your life is shaped by your thoughts. (Proverbs 4:23, Romans 12:2)
2. Because your mind is the place where you battle sin. (Romans 7:22-23)
3. Because managing your mind is the key to peace. (Isaiah 26:3)

HOW CAN YOU MANAGE YOUR MIND?

1. You must feed your mind with truth. (Matthew 4:4, Psalm 119:97)
2. You must free your mind from destructive thoughts.
 - Three enemies we battle: the world’s values (1 John 2:16), our sinful nature (Romans 7:23), and the Devil. (1 Peter 5:8).
 - The process of temptation involves: desire, doubt, deception, disobedience (Genesis 3:1-7)
3. You must focus your mind on the right things. (Philippians 4:8)
 - Think about Jesus (Hebrews 12:3, 2 Timothy 2:8)
 - Think about others (Hebrews 10:24, Philippians 2:4)
 - Think about eternity (Colossians 3:2, 1 Corinthians 2:9)

BBCC Verse of the Week: “You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!” *Isaiah 26:3 NLT*

NOTE: Adapted from an outline by Pastor Rick Warren

BBCC Devotional Guide for June 7-13, 2020

Sunday: *“You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!” (Isaiah 26:3 NLT)* Do you struggle to have “peace of mind”? We often think about what could happen and dwell on the consequences of what has already happened. According to this verse what do we need to do to have peace of mind? What are some practical ways we can do this?

Monday: *“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” (Philippians 4:6-7 NLT)* In these verses God gives us a way to let go of our anxiety and experience His peace. We need to thank God for all He has done for us. What are some things that come to mind? We also need to tell God what we need. What do you need from God today? Remember this: if it’s big enough to worry about, it’s big enough to pray about!

Tuesday: *“And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.” (Philippians 4:8-9 NLT)* One of the important ways to manage your mind is to focus on the right things. Remember that your mind is like a void—it will be filled with something. The key to freeing your mind from destructive thoughts is to replace them with other thoughts, the kind of thoughts described in these verses. How can you put these verses into practice in your life today?

Wednesday: *“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.” (Romans 12:2 NLT)* The transformation of your life does not begin with actions or emotions, it begins with your thoughts. According to this verse, what is the outcome of being transformed? If you want to know God’s specific will for your life you must learn to change the way you think!

Thursday: *“For, who can know the Lord’s thoughts? Who knows enough to teach him? But we understand these things, for we have the mind of Christ.” (1 Corinthians 2:16 NLT)* You probably have heard this question many times: “What would Jesus do?” To know what Jesus would do you need to have “the mind of Christ”, that is, you need to know what Jesus would think and do in a specific situation. In order to do this, we need to know what Jesus has said and done in similar situations and the place to find this information is in the Bible. Make a commitment today to study the life of Christ in order to become more like Him.

Friday: *“If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind. Such people should not expect to receive anything from the Lord.”* (James 1:5-7 NLT) Wisdom is the ability to apply God’s truth to the practical issues of everyday life. We need to remember that God does not offer His wisdom as one opinion among many choices but as the absolute truth He wants us to obey. You must act on the wisdom God has already revealed in order to get more wisdom. Where do you need God’s wisdom in your life today?

Saturday: *“Set your minds on things that are above, not on things that are on earth.”* (Colossians 3:2 ESV) *“No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him.”* (1 Corinthians 2:9 NLT) A very important way to manage your mind is to think about eternal things. When life is hard we can think about the future God has promised—a future that is free from disease and death. A future where God will wipe away every tear from our eyes. Thank God for His promises to us as believers that assure our future and give us hope for today.