

## THE CHRISTIAN AND HIS MIND

It is clear from a number of Scriptures that the mind is the target of Satan's attacks. Here are steps to help one towards a healed mind:

### 1. A Complete Surrender to God

The teaching concerning the renewing of the mind follows immediately after the command to present the body as a living sacrifice to God (Romans 12:1). Many a Christian has discovered a new clarity of mind with regard to spiritual truths after he has completely surrendered to God.

### 2. Submit the Mind to the Surgery of the Cross

We are commanded to put off the old man and be renewed in the spirit of our mind (Eph. 4:22, 23). It is at the Cross of Christ that man has been crucified (Rom. 6:6; Gal. 5:24). It is well to make this affirmation: "I claim for my mind the full deliverance accomplished through Christ's death upon the cross."

### 3. Choose to Place Your Mind Under God's Control

Choose that the mind be removed from the realm of the natural and from the control of Satan and brought into the realm of the spiritual and under the influence of God. Here is an affirmation to make in this connection: "I choose to take my mind in the realm of the spirit, to be energized and directed by the Holy Spirit of God."

### 4. Fill the Mind With the Word of God

Steep the mind in the Word of God. Make much use of the Bible. Read and study it regularly and systematically. Commit portions of it to memory. Meditate upon its truths, claims, promises, and obey its commands.

The renewing of the mind is not a correction which can be made once and for all. It is rather a continuing process and a work to which a person should daily lay claim. With the presence of the world, the devil and our own flesh, it is always possible for the darkness to spread and for the old mind once again to be manifested.

The control of the mind is within the reach of every child of God. It is accomplished through the application of certain scriptural principles. Here are some steps to follow:

1. Test Your Thoughts

Test every thought that comes to the mind. Make use of the "fanning mill" which God has given to us in Philippians 4:8. If a thought is not true, honest, just, pure or lovely, it is not allowed. If a thought concerns something not of good report, not the best, or not praiseworthy, it is to be banished.

2. Refuse Negative Thoughts

Refuse immediately to give consent to every negative thought that comes to the mind. If necessary, it is well even to make this affirmation when a wrong thought comes: "I give no consent to that."

In refusing the negative thought, the believer must count on his union with Jesus Christ in His death upon the cross. Christ's death has also provided for the mind and for the thoughts. As we claim victory in Him, it is possible to be set free from that which troubles. In refusing to give consent to the thought, it is well to affirm: "I reckon myself dead to that in the Lord Jesus Christ."

3. Resist the Devil

It is very possible that the wrong thought is coming from Satan or one of his emissaries. When this is the case, it is necessary to stand against him as a person who is present although unseen. "Resist the devil, and he will flee from you" is the command and promise of James 4:7. If peace of mind does not come through the refusal to give consent to a negative thought while reckoning oneself dead to it, then this active resistance of the Devil becomes a necessity. Do not hesitate to speak it out thus: "I resist you, Satan, in the name of the Lord Jesus Christ. I refuse to receive the suggestions you would give to me and I command you to be gone from me."

4. Share Every Thought Immediately with the Lord

"In nothing be anxious; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God." (Phil. 4:6 RSV)  
The way to the throne of grace is always open through the shed blood of our Lord Jesus Christ.

When we are trusting in Him we can come with boldness and be assured that we will "obtain mercy, and find grace to help in time of need." (Heb. 4:16) "Casting all your anxieties on him, for He cares about you." (1 Pet. 5:7 RSV)

One of the greatest problems to plague the uncontrolled mind is unpleasant memories. Without the proper control the thoughts can revolve around past sins, tragic experiences and grievances against other people.

Deliberate faith in the finished work of the Lord Jesus Christ is the answer to past sins. That of which one was guilty before receiving Christ has been forgiven and forgotten by God. He declares, "I, even I, am He that blotteth out thy transgressions for mine own sake, and will not remember thy sins." (Isa. 43:25) He has also made provision so that He can forgive and forget the sins of the child of God. Our record is kept constantly clear in Heaven by the advocacy of Jesus Christ the Righteous. (1 John 2:1) The record is kept clear here, and we are assured of forgiveness and cleansing as we confess our sins. (1 John 1:9)

When the memory of past sins continues to haunt one, even though they have been properly dealt with, it is evidence either of a lack of faith in the Word of God and/or a continuing attack by the accuser of the brethren. (Rev. 12:10)

5. Healing of the Memory When You Can't Forget

But what is one to do when he cannot forget?  
Healing of the memory can be found at the cross of the Lord Jesus Christ! The method to follow is to lay the whole matter out before the Lord, telling Him what has happened and how you feel.

Ask Him to care for the matter and settle it in His own way and to His own glory. Then count on union with the Lord Jesus Christ in death to sin and determine to have no more to do with the matter. Involved in the healing will be refusal ever to discuss the problem again with anyone. Whenever the thought tends to recur, or there is the temptation to tell someone, the position should be taken and the attitude held: "I have left that at the cross of Jesus Christ and I am trusting God to take care of it."

The healing of memories is available to every child of God who is willing to exercise the proper control of his mind according to his resources in the Lord Jesus Christ.

6. Set Your Mind on Things Above

The mind must be occupied with noble subjects. (Phil. 4:8) There are so many noble subjects which to occupy the mind that it is shameful for a person to be taken up with that which is of lesser importance to say nothing of that with which is wicked and mean. "Set your minds on things which are above, not on the things that are upon the earth." (Col. 3:2 RSV) The one thing needful is to be occupied with the Lord Jesus Christ. Meditate on the person and work of the Lord Jesus Christ. Learn to be occupied with what you are and have in union with the Lord Jesus Christ. You are free from condemnation; you have been made to share the very life of Christ. You are accepted in the Beloved, complete in Him. What He is you are in the world because you are a part of Him. So, rejoice in the Lord!

The healing of the mind! This is the heritage of every child of God. A changed mind that has peace with God. A controlled mind that is bulwarked by the peace of God. (Phil. 4:6,7) An occupied mind that can produce for God and that enjoys the presence of the God of peace. (Phil. 4:9)

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