



AUTO-SERMON TRANSCRIPT

What is the condition of our mind?

Following, 4 of 5 from January 28th, 2024

"Jesus instructs our thoughts and feelings through His Word."

Deuteronomy 6 by Michael Lockstampfor (@miklocks)

[\[https://www.ocalaneighborhood.church/watch-a-message/following-4-what-is-the-condition-of-our-mind\]](https://www.ocalaneighborhood.church/watch-a-message/following-4-what-is-the-condition-of-our-mind)

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[Music]

well good morning again Church good morning and Welcome to our neighbors um I'm glad to be with you we've been going through a series that's called following and the the question that we're trying to answer is is if we're going to follow Jesus if we use that term I want to be a disciple of Christ we want to follow Jesus what does that actually look like and we've been we've been looking at a passage um in uh in a book called Mark where there's a bunch of people that are standing around they're trying to trick Jesus they're asking him questions but not because they want to learn something from him but because they want to make him look stupid um which spoiler Lord they couldn't do um but there's a guy who says hey what's the greatest commandment if if you're going to summarize everything that I need to know about the Bible what do I need to know what's the greatest commandment what's the thing that should determine how I live my life and Jesus quotes uh or he says uh the greatest commandment is this you shall love the Lord your God with all your heart with all your soul with all your mind with all your strength he gives him a bonus because that's Jesus he can be extra sometimes um he says you should love the neighbor love your neighbor as yourself these this summarizes everything that you should take away from how to interact with the Bible um and we've talked about that text a couple of times but what I haven't told you yet is that that Jesus didn't make that up Jesus was actually quoting something that the people in the crowd would already know um it Jesus wasn't just quoting some obscure verse out of one of the Minor Prophets he was quoting from Deuteronomy chapter 6 and this was these were verses that the Jewish people had committed to pray every morning and every evening so everybody in that room when he said uh you shall love the Lord your God with all your heart so they're like their brain immediately went into I know that verse because I prayed at this this morning and I'm going to pray it tonight my mom taught me every night we pray we pray they call it the shama is the name of the is the name of the of the prayer we pray the shama every night we pray the shama every morning when we build a house we install a little uh little plaque so we can write the shamama on the plaque and put it into the thing you can go to Israel today and on every single door you walk through there's this little uh there's this little container brass container kind of tacked into the wall because they write these verses on the doorpost and put them in in their door like everywhere you go as a Jewish person the shama is all over the place so Jesus is like yeah the greatest greatest commandment is the one that you guys already know

intellectually but do you know it in how you

live so today we're going to uh we're going to go uh to Deuteronomy 6 and we're going to look at it in its original context and we're going to discern a couple of principles about how our mind relates to the rest of us um because we've been asking the question over the last couple of weeks how do you love the Lord with all your soul how do you love the Lord with all your heart and today we'll talk about how do you love the Lord with all your mind and then next week we'll talk about how do you love the Lord with all your strength if the Lord allows us to do that so if there's something that I say today you see Michael I really feel like you're missing something I am because I've only got in my head it's 20 minutes but every time I go to check the podcast it's 4550 minutes and I'm sorry but in my head I only preach for 20 so uh you guys are so gracious uh in in tracking with me um but over the next 40 minutes there's only so much that we can do so it's it's it's in the context of a larger teaching um let's pause together and let's pray as we begin so our habit together as neighborhood church to pray together the disciples prayer some people call it the Lord's Prayer I'm weird enough to call the disciples prayer and this is not a magic spell or anything like that it's just the model of prayer that Jesus left for people that say they want to follow him and so we just pray it together if you'd like to pray with us out loud the words are here on the screen it's a little bit of a different translation um but the the the words uh how do I say this the words are not important as the heart that you pray it with and so uh if you'd like to say it with your mouth by all means please join me um but at the very least let's bow our hearts together and let's

pray Our Father in heaven Hallowed Be Your Name Your Kingdom Come your will be done on Earth as it is in heaven give us this day our daily bread and forgive us our debts as we also have forgiven our debtors and lead us not into temptation but Deliver Us from Evil for yours is the kingdom and the power and the glory forever amen

so as we take apart like the mind we're going to ask three questions these will sound very familiar if you can't tell I'm just using the same outline um what is our mind how is our mind and how is our mind reformed three questions that we're going to try to work towards an answer for today um and the first is what is our mind and we visited this uh this graphic last week um and we're gonna we're going to come back to it today because this is trying to show the the relationship between these three things or between these forward things now this is an oversimplification but it has been to me a very helpful oversimplification of how human beings are connected and how they relate to one another so we started with the heart how do you love the Lord with all your heart and we said that rather than like the seed of your emotions and how you're feeling your heart is actually the center of how you make decisions it's the command center it's it's the decider and it is uh it's very powerful um it can make some very strong decisions but it also gets tired very quickly it doesn't like to make a number of small decisions it wants to make one big decision and then be done for the day so our heart uh makes great it's very powerful but it gets tired easily and so it will often relegate decision-making to other parts of us um we're going to talk today about our mind and I'm just going to throw in there that I think both our feelings our emotions and our thoughts are considered uh part of our mind and I'm I'll just say that we'll talk about it more um we will talk about our strength next week if the Lord wills and that is our body if we have a heart we are have the ability to make decisions and we have a mind we can think we can feel but we don't have a body like what are we what are we doing it's like the power that that drives or that allows the rest of us to be everybody has a body and it actually is unhuman to not have a body like if you come across something that doesn't have a body it's not human so when which which sounds like Michael why would you even make a statement



like that there's people who will tell you that Jesus did not have a body and if he didn't have a body he wasn't human and he says I'm going to take you with me to be in heaven and by the way I'm going to give you a new body so you can be there like the body is not just this thing that goes away it's part of humanity so we'll talk about that next week soul is what we discussed last week and this is this is the part of us that likes to keep all of these uh all of these individual Parts kind of synchronized um it wants it wants our heart decisions to be synchronized with what our body does and it wants our our thinking to be uh synchronized with what our heart decisions are and sometimes We're In conflict with ourselves do we ever do things with our body that we know are bad for us yep okay just me and Riley we got it some sometimes we do and the soul is the thing that is like is that is the thing that tells us that's wrong the soul is the thing that wants there to be Harmony between all of the other parts of us and to have harmony with other things other people and ultimately to be in harmony with God okay so that's a lot of things we talked about this a little bit more in depth last week and hopefully by the end of this we'll have five sermons that that help BL this out but we're going to zoom in today on the mind uh the seed of our feelings and our emotions so what is our mind it's our feelings and our thoughts and the thing that that I think helped me to to wrap my head around this is that our mind is anything that we can be conscious of so we consciously have thoughts occasionally there are subconscious thoughts um but we are conscious of them we're aware of them um but we can also be conscious of our feelings we can have subconscious feelings but we can be conscious of our feelings right and so the mind is anything that we are able to or might have some kind of a consciousness of something that's going on inside of us does that does that make sense now I understand that there's some tension between feelings and emotions and and and we may uh we may default to being led by our emotions or we may default to being led by our ability to R rationalize and reason and these two things are often in Conflict right because either of them can lie to us if you hold a thought that is untrue that thought still holds power over you as though it were true if I believe that if I like if I step off this platform like the floor will be Lava and I will burn an agonizing death then I'll stay on the platform for the rest of my life because I think that that is true the thought controls me right now you can come and give me all the evidence for why that's not true Miss Stephanie's not burning alivee like she's sitting comfortably and I can say yeah but she's in a chair like if she were just standing on the floor she like so if if if you have an untrue thought it controls the way you in the same way feelings can also lie to us there are times where we feel a certain way that is untrue is that hypothetically is that possible okay personally does that happen yeah that happens to me okay and so uh these things are not in and of themselves sinful it is not sinful to think about things rationally musicians we need to we need to hear that it's not sinful to just think about things rationally it is not sinful to just feel things accountant it is not sinful to have emotions okay like these these things are not sinful in and of themselves they're actually a reflection of God's nature in us because God made us to be like him and this is one of the ways that we show that we're like him right does that that make sense are we tracking so far okay good um so feelings and emotions are not sinful they're reflection of God's nature uh just real quick and there's a stack of Bible verses if you want to look at them in the sermon notes um did you know that God is is described in scripture as having emotions okay great uh God is described as being angry God is described as having compassion God is described as having grief or sadness we sang Man of Sorrows God is described as having love God is described as having hate or disgust God is described as being jealous God is described as being joyous like God is God has emotions and if we're made like him we also have emotions and that in and of itself is not sinful all right okay cool God also has rational and logical thought and that reflects God's nature the introduction that we have to God in the beginning of the book it opens the the very first verse of the Bible opens in the beginning



God so unfortunately it doesn't give us a ton of like it's not trying to prove God's existence just hey this is just what it is in the beginning God created oh he's a heer he creates like yes he created and then for the rest of the chapter begins setting things in order God takes chaos and sets it into order now here I think for me is the most the strongest evidence that that we are created after God's image if we look at the world around us we know that the natural progression of creation is from order to chaos if you buy a house it is only a matter of time before something breaks it's brand new house it's pristine but it is only a matter of time before things start to break because life goes from order to chaos naturally however we don't like that if that's natural shouldn't we just like make our bed and lie in it shouldn't we be comforted by like oh of course this is just the way things progress there's something in our hearts that knows that that's frustrating and we should not have to deal with that because we were made in God's image and God sets order out of chaos sets chaos into order that's that's one of the things that he does right so he's he's logical um and and and he's rational and he sets things in order uh there's a verse in in Romans which which uh just uh it it sets me in perspective with God it says who has known the mind of the Lord who knows the thoughts of God who has known the mind of the Lord or who has been his counselor who gave God advice that he followed or who has given a gift to him that he might be repaid for for from him and through him and to him are all things so to him be glory forever amen so he has a mind and if we have a mind he gave it to us he has feelings and if we have feelings he gave them to us in fact he says he's going to be our teacher before Jesus leaves he says he's I'm going to I the Son of God I'm going to send the spirit of God as I'm away from the earth in body you'll have somebody with you to be present with you and he says the helper the Holy Spirit whom the father will send in my name he will teach you all things and bring to your remembrance all that I have said to you says I've said a lot and you you have it in there somewhere but you need somebody to step into the chaos of what's happening up here and set it in order and I'm going to send the spirit to help you order your thoughts after I'm gone right isn't that encouraging I am blessed by that

truth there's there's a Psalm I almost read it but it it's it's really heavy so we almost read it in worship but I was like I got to I got to give you I got to put some pillows on this one Psalm 94 is asked the question he who planted the ear does he not hear the God who gave us hearing doesn't he know how to

hear he who formed the eye does he not

see he who disciplines the Nations does he not rebuke he who teaches man knowledge the Lord Yahweh knows the thoughts of man that they are but a

breath there's a space where our mind and our emotions and our thoughts are are at War within each other so if we were going to answer the question just real quickly how is our mind um even as I paint a picture of the way that God designed it to work all of us know inherently that that that ain't happening in here right as as I describe like go these things are a gift from God we like man I wish that worked the way that God made it to work like I can give you verses to tell you that are are our minds are spoiled by sin many of them would be the same ones that I gave you for why our heart is corrupt but I don't think we need verses I think we know that there's tension and there's conflict within our minds either in our thoughts and our ability to think and reason or in our emotions our ability to tell which feelings are lying to us or

not so then two questions how do we use the mind that that God gave us in Rebellion against

him how do we use the mind that God gave us in Rebellion against

him because if you have the thought I wonder if God fill in the blank however you fill in the blank I wonder if God is trustworthy I wonder if God is good I wonder if God is able to actually do the things he said he was going to do I wonder if God is lying like if you have the thought I wonder if God know that the God who you're questioning gave you the mind he ask the

question he's the maker of the game who like knows all the cheat codes because he wrote the programming so how do we use the mind that God gave us against him and and where where are we trusting our gift of emotion more than the

giver where where are we trusting the gift of emotion of feeling of perception of interacting with the world in Emotion emotional manner where are we use or trusting that gift of emotion more than the one who gave it to us well well I know what God says but it really doesn't feel like that and I just want to trust this feeling more than I want to trust the one who gave me the ability to feel where are we trusting our gift of emotion More Than The

Giver what hope do we

have the night that Jesus was arrested did you know that he prayed did you know that he prayed for you like specifically for you you're in there it's in John 17 so that's your homework if you want to know what Jesus prayed about you before he was executed that you were there one of the things he says is sanctify them wash them set them apart sanctify them in truth your word is

truth Jesus instructs our thoughts and our feelings through his

word so I'm going to invite you to turn with me to Deuteronomy 6 we're we're finally there so navigate with me to Deuteronomy chapter 6 I'll give you a p number here in these blue Bibles in just a moment if you'd like to follow along um then please do and if you don't have a Bible at home in like a translation you can you can read um then by all means just write your name in in the front of this blue one and take it home with you we'd love to give you that gift Deuteronomy chapter 6 is on page 190 in these blue Bibles it's kind of towards the beginning and this is this is thousands of years before Jesus comes uh comes on the Earth but what God's doing in this season is he's taken a a ragtag family who um they' had they had some uh success in business but had ultimately kind of been um overtaken by by their employer and and and abused God takes his family out of that abusive situation slavery and sets them free and says I'm actually going to set you up to be a family apart for me you guys are going to operate in a special relationship with me and he begins to give them these instructions and these ways that they're going to organize themselves and he ends up growing that one family into being a whole country a whole nation we call Israel and uh and he gives them a law and they're like yeah cool we're going to do that law and then they immediately don't do that law and God's like okay you guys are all dead you guys are afraid you guys are afraid that I'm not going to take care of you I'm not going to take care of your kids so what's going to happen is you guys are going to die out here away from all the things I promised and I'm going to take your kids in and I'm going to do what I said I was

going to do with you I'll do that with your kids I'll protect them and I'll take care of them and so that's what we actually have in the book of Deuteronomy is is the leader of this people gets up and he says hey your parents all died because they said they would do this thing and then they didn't do it and now it's your turn so let me tell you again what God Said So that you can walk with him okay which kind of heavy but but that's that's what's going on here so Deuteronomy verse or chapter 6 I'm going to uh read I'm going to read the whole thing and then we'll kind of take it apart de omy 6: 4-1

15 here oh Israel the Lord Yahweh Our God the Lord is one you shall love Yahweh your God with all your heart with all your soul and with all your might and these words that I command you today shall be on your heart you shall teach them diligently to your children you shall talk of them when you sit in your house and when you you walk by the way and when you lie down and when you rise you shall bind them as a sign on your hand they shall be as frontlets between your eyes you shall write them on the doorposts of your house and on your Gates and when the Lord your God brings you into the land that he swore to your fathers to Abraham to Isaac and to Jacob to give you with great and good cities that you did not build and houses full of all good things that you did not fill and cisterns that you did not dig and Vineyards and olive trees that you did not plant and when you eat and are full then take care lest you forget the Lord who brought you out of the land of Egypt out of the house of slavery it is the Lord your God whom you shall fear Him You Shall Serve by his name you shall swear you shall not go after other gods the gods of the peoples who are around you for the Lord your God in your midst is a jealous God lest the anger of the Lord your God be kindled against you and he destroy you from off the face of the Earth so this is what Jesus is referencing when he says what's the greatest commandment he says love the Lord your God with all your heart soul mind and strength what's interesting to me is as we read Deuteronomy 6 did you notice that mind wasn't in here it says uh you shall love the Lord your God in verse 5 with all your heart with all your soul with all your might so so the the the way way that this was received um to this ancient more ancient people um they didn't actually have the category that separated the heart uh or the soul from the Mind however uh when Jesus comes uh when Jesus comes he's speaking to a Greek audience and they have this whole category of mind so he says hey yeah the the point is all of you the point is all of you the point is all of you like Jesus has no interest in just being added as a supplement to the life that you're already living he wants to to be Lord and Commander and director over every part of your life your heart your soul your strength and also your mind if you're into that kind of thing right so in verse six notice in verse six and all these words that I command you today shall be on your heart all these words that I command you all these words that you're hearing with your ear and that are going into your mind shall be on your heart what we learn of God with our mind must be exported to our heart the things that we know about God need to work their way from our thinker and our feeler down to our decision

maker what we learn of God must be exported to our heart what happens in our mind if it doesn't ever come down to change the way we live is just kind of entertainment it was it was interesting I was trying to think as I was talking with the the middle and high school students um I try to think of like ways to get conversation going at dinner and I'm like okay what's something that's like really really easy lwh hanging fruit what do teenagers like to talk about so I asked them I said hey what's the coolest thing you've watched or read like in the last three weeks and it's interesting to me how difficult it was for them to come up with an answer I don't think it's for lack of Contex

let he who has ears let him hear I don't think it was for lack of content I don't think it's because they just haven't been reading anything or haven't been watching anything I think it's because there are all these things that we fill our head with that never get exported to the important parts of us we spend all this time entertaining what's happening up here and we miss everything that's happening underneath and and I can see it clearly in the teenagers but I can see it in the mirror too what's true of them where did they learn it from they learned it from

me what we learn of God with our mind must be exported to our heart heart

and I can talk words verse seven you shall teach them these words you shall teach them diligently to your children you shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise we learn most deeply when we make the effort to

teach I have the privilege and the honor of serving and teaching in a Christian School and and I love the opportunity but I'm heartbroken to know that there there's a a there's a group of parents that send their kids off to school so that they can get the Mind stuff and they never feel the obligation to discuss anything at home and here in the scripture he says listen you can teach them you can send them to school they can learn they can they can have the ideas in their head but if it's not something that's on your heart enough that you're going to talk about it around the dinner table it doesn't matter what you tell them they're going to do what you do they're going to Care they they know what you care about if you ask my kids doesn't matter how I answer the question what I care about my kids will tell you the truth about what I actually care about about please don't ask him I don't know what they'd

say but we learn most deeply when we make the effort to teach this is I think one of the and we'll we'll come we'll Circle back to this idea later in the year but I think this is one of the reasons why um the the Christian word evangelism of like sharing your faith is so hard because like I I heard it and I have in my head what the right answers ought to be but I haven't done the work to try to express it in my own words and so now when I try to tell somebody what the preacher said it doesn't sound right because they're not my words we learn most deeply when we take the effort to teach and it is effort I think it's not uh insignificant that he says you shall teach them diligently you don't have to be diligent about things that are easy it ain't easy but it's good then verses 10- 15 I won't read them again but verses 10 through 15 are are are just a beautiful way of expressing that we need constant reminders of what we know we need constant reminders of what we know if if if hearing it one time or being able to pass a test was sufficient I would be better at math because I got great uh great scores on math tests and I cannot think math as an adult like we need constant reminders of what we know don't you know that like as you spend time away from things that maybe you used to be a master at but as you come back you're like I'm Rusty I gotta I got to remember how to do this I've seen this before but it's not the way that I thought it was we need constant reminders and so he says to these people he says not only talk about it all the time when you're waking and when you're sleeping but he says bind them as a sign on your hand write them on your hand leave yourself notes on your hand uh hang them on your hair put them on your door post like write these verses down so that you don't forget because you will constantly be busy with stuff and if you can put strategic messages in your way that are going to pause and help you to remember then maybe you have a chance of doing the thing you



know last couple of weeks I've had a on on my my screen saver background when I click my phone open just a real short prayer for what to pray when you speak uh speak rashly and too quickly like when you give a harsh answer to somebody and it's not like I feel like I'm constantly doing that um but it's a reminder that I could my mouth is full of Sparks and I've let them blow out Lord quench the Flames I may have

started but that's on my phone and I notice when the notifications are over it because I can't I can't read it I got to clear the notification so I can be reminded that the way I speak

matters the question though becomes like how what's our mind diet what are we what are we putting

in there is no neutral ground here particularly in our society if you do not choose the messages you receive somebody will choose them for you and mostly they will be you need to spend money on this you need to spend money on this you need to spend money on this you need to spend money on this if we do not choose the messages that we receive somebody else will do it for you so how would we describe our mind diet what what are we plugged into what are we what are we thinking about it's like I I I feel far from God but I didn't even take any time to read a verse today even just a verse I didn't I didn't ground myself in truth like I I I feel like um or I I think I think that God's just just bogus I think that he's he's made up all these lies I think that he's actually not coming back and there's no hope for the world because that's kind of what I read on the news um but I'm I'm listening to the news more than I'm going to the word to say that actually all of this stuff lines up and he seems to have a plan and part of the plan is that it's it's bad for a while and I have comfort in that how would we describe our mind diet what inputs are we putting in our mind a a wise woman raised me and told me garbage in garbage out and I remember that what are we filling our minds with um it's not for lack of content like we've already established that but like are we are we curating what's going in our

head so I'm reminded I'm I'm intended to give a caveat in fact I'm going to flip my page over so I can look at my caveat notes I intended to give a caveat before we started that this is a really big talk and and and um sometimes it hurts because it is so personal and so know that I'm aware um that we're talking mental health and we're talking thought life and we're talking feelings and we're talking emotions and that that is a topic that is as complex as the day is long um and I I can't I can't do it all so I want you to know I want you to hear from me that if you would like to speak with me about it if you would like to chat with me like it doesn't just have to happen here I'm available to you um and people all the time are like you're so busy I don't want to interrupt you listen it is literally my job to talk with you about this stuff so please if if you get through Tuesday you're like actually what he said I need to talk to him about like do call me um um yeah should I give you my phone number 352 42112 43 it's my personal phone number so you can text me you can call me if you call me it'll go to voicemail um but 3524 2 1 1 2 43 okay so we learn uh what we learn of God must be exported to our heart we learn most deeply when we make the effort to teach we need constant reminders of what we know um Jesus instructs our thoughts and our feelings through his word Jesus instructs our thoughts and our feelings through his word scripture uh there's I've got two more points scripture instructs us on ways that we ought to think about God scripture instructs Us in ways we ought to think about God about how we ought to think about ourselves and how we ought to think about everything else in creation like the Bible has ways that we ought to think about things and that sounds judgy and condescending Until you realize the one who gives you those ways that you ought to think about things is

the one who designed it to work so if you want to rebel against him he'll let you but you'll eventually come to see it his way um Romans 12 says this do not be conformed to this world don't be shaped by this world but be transformed be completely changed by the renewal of your mind starts in our thinking that by testing you may discern the will of God what is good and acceptable and perfect for by the grace given to me I say everyone among you not to think of himself more highly than he ought to think but to think with sober judgment each according to the measure of faith that God has assigned we ought not to think of ourselves more highly than we ought to think as As we sing as we sing um this morning um let let my let me uh let my love address your sorrow we don't do that in a way that that puts us at the center of like God needs my love but we do it in from a posture of knowing like he made me to operate a certain way and it's a blessing to him when I return the love that he has given to me like he is the source of my love and so I want to return it to him knowing that he experiences emotions and there's there's there's a lot going on in there but we ought not to think about ourselves more highly than we ought to think um second Peter it's there's a whole list there's a progression here and I would love to preach this and I'm just going to read it um but but notice that knowledge is kind of a foundation before the other things that come too for this reason make every effort to supplement your faith with virtue with virtue and virtue with knowledge and knowledge with self-control and self control with steadfastness and steadfastness with godliness and godliness with brotherly affection and brotherly affection with love for if these qualities are yours and are increasing they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus says you got to grow in practice we'll talk about that next week so scripture instructs us on the way we ought to think about God ourselves in creation but scripture also instructs us to change the way we feel in certain situations I and so I just I know I can't explore this completely but I just want to put something out there in all of your thinking about mental health here is an idea from God about how we relate to our emotions Jesus himself says therefore I tell you do not be anxious about your life and which of you by being anxious can add a single hour to his span of life I didn't even know that was an option I live in a world that says I got to treat my anxiety I didn't even know that it was an option that I could just not be anxious and it's not it's not a let me let me just step over this and pretend like it doesn't exist like Jesus drives to the heart of it he says which of you like who is benefiting their health by being anxious you're not you're not helping yourself by not trusting me you're actually making it worse so trust me walk with me take my burden upon you it is light and we read together Philippians 4 rejoice in the lord always I don't always feel like it okay rejoice Sunday no always rejoice in the lord always again I say rejoice let your reasonableness be known to everyone the Lord is at hand again do not be anxious about anything but in everything by prayer and supplication with Thanksgiving let your requests be made known to God and the peace of God which surpasses all understanding will guard your hearts and your minds in Christ Jesus Jesus instructs our thoughts and feelings through his word now I can tell you that but I do not have the ability to apply it specifically to your life and and your week this this time I can't I I can't do that I would love to and I want to continue the conversation if you've got questions you want to talk to me then by all means but in all of your thinking about mental health do not neglect the things that God says about us he didn't say them for nothing it's not an option if it's untrue then then deal with that but if it's true then it means that we've got to reconcile it in some way with the way that we're living and the way that we're thinking Jesus instructs our thoughts and our feelings through his word so finally Brothers whatever is true whatever is Honorable whatever is just whatever is pure whatever is lovely whatever is commendable if there is any Excellence if there is anything worthy of Praise think about these things feel these things what you have learned and received and heard and seen in me practice these things and the God of Peace will be with you let's

pray Lord I'm not informing you of anything to say that we're complex and God I know that we've waited into some sensitive areas together this morning and so Lord I pray um that if there's anything I've said that's been distracting or discouraging um or if anything I've said has been untrue that God those things would be forgotten and rejected but Lord if we have met you in your word if your word has been presented to our minds um then God help us to grab on to that help us help us to hold that in our mind and and Lord by your spirit export that to to our hearts we' not only think the right way but that we would choose the right way that we would be the right

way if it were easy we would have done

it if we could fix ourselves in the ways that we think we would have done it

already if we were perfect in managing our emotions we would have done it

and so we come to you with open hands saying I I got nothing to offer you I can't help you at all but I I Need You Jesus I need your help I need your guidance I need your love I need your patience with me while I wrestle with these things and Almighty creator of the universe I thank you that your posture back to us as we say that to you is not get it together but it is I close to the Brokenhearted and I am with you always to the End of the

Age so Lord make us

aware of your

presence by your spirit would you transform our minds and our thinking the habits Run Deep in our

mind

we open our lives to you Lord Jesus for inspection today show us show us what you have for us to address today give us just today our daily bread the thing that we need to do today and give us the strength and the ability to trust you with it just today and Lord I hope I hope in you that as we do that today we begin to make a new track that we might do it tomorrow and we might trust you on Tuesday and we might still be trusting you on Wednesday every

day would you have your will in us it's in your name we pray amen

[Music]