



# New Life Christian Growth Series

## “Controlling The Mind”

### Booklet #20

Mountain State Ministries  
P.O. Box 217  
Springfield, WV 26763  
[www.mountainstateministries.org](http://www.mountainstateministries.org)



Today's Date: \_\_\_\_\_

Your Name: \_\_\_\_\_

Your Address: \_\_\_\_\_

General Instructions:

1. Please fill in the blanks on the following pages using a King James Version of the Bible. Please read the detailed instructions for the individual lessons on page 6 before you begin to put pen to paper. NOTE: The individual lessons are designed to be completed daily so you can meditate on the material.
2. When you are done, return the **Review Section (Pages 33-36) of this booklet** to the address provided below. Keep the rest of this Booklet (Pages 1-32) for your own use. Review Sections returned less than 30 days from the time it was mailed, will not be accepted. Please spend time with the Lord in prayer and ask Him to help you learn the material.
3. As soon as we receive your completed review pages, we will grade it (Pass or Fail) and send a letter confirming your status, along with Booklet #21.
4. You will also receive a Certificate of Completion for this Booklet.

**Please mail the completed Review Section to:**

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**M**ountain State Ministries was started in January of 2017 to continue the legacy of Country Wide Prison Ministry. CWPM's purpose was to proclaim the Gospel of the Lord Jesus Christ to prison inmates and their families, and to edify them through the teaching of the Word of God through Bible correspondence courses. MSM will continue this legacy and expand the Bible correspondence courses to anyone in world via the internet. This will provide anyone the opportunity to study God's word, become more closely imitate with Jesus, and be more sensitive and obedient to God's Holy Spirit. Our goal is to Exalt the King and to Expand the Kingdom!

Ray Witmer Jr., author of this Bible study curriculum, founded Country Wide Prison Ministry in 2003. His New Life Christian Growth Series has been administered to thousands of prison inmates throughout ever state in the Union. Mr. Witmer retired due to heath issues on 1 January 2017 and has provided Mountain State Ministries all rights to continue his legacy.

We are very grateful and appreciate Brother Ray's heart for God and his willingness to let us use this resource to spread God's Word among this generation of people.

**“Verily, Verily, I say to you, Except a corn of wheat fall into the ground and die, it abideth alone; but if it die, it bringeth forth much fruit.” John 12:24**

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**\*\*\*\*\* INSTRUCTION SHEET FOR BIBLE LESSONS \*\*\*\*\***

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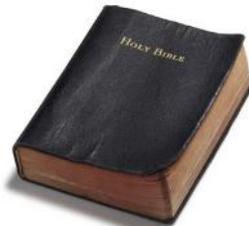
- A. The Bible verses used in this study are taken from the King James Version of the Bible.
- B. Before doing each lesson, take time to ask God to open your understanding and show you the truth.
- C. For the best results, do only one lesson each day. Meditate on each day's lesson (there are four weeks of lessons per book).
- D. Keep in mind that these lessons are based on what the Bible says, and not on man's opinion.
- E. These lessons are designed to help you to know the truth, to know the Lord in a personal way, and to trust what the Bible says and teaches you.
- F. Remember, it is not what you, I, or any preacher says, but what the Bible says.
- G. You must learn to stand on what the Bible says to "study to show yourself approved unto God, workman that needed not to be ashamed, rightly dividing the word of truth" (II Timothy 2:15).
- H. Who wrote the Bible? (II Peter 1:21).
- I. All Scripture is inspired by God (II Timothy 3:16).
- J. Regardless of what man says, the believer (Christian) has direct access to the throne of God and is responsible directly to God. This access is through Jesus Christ and Him only (I Timothy 2:5).
- K. These studies are to help you have peace of mind (Isaiah 26:3-4).
- L. These studies will help you know if you are going to Heaven or Hell (Romans 10:13).
- M. These lessons will help you with assurance and security; these are not the same. The securing of the believer is God's work. It is a part of God's great work of salvation depending solely upon His infinite grace. Assurance is the believer's acceptance of the security provided for him in Christ. It is the result of the human soul resting in what God has promised in His Word to accomplish. This is why it is important to know what the Bible says (I John 5:11-13).



TAKE TIME TO READ BELOW BEFORE  
DOING THIS LESSON

Meditate on the Scriptures of this Lesson and Ask Yourself These Questions:

1. What do these verses teach me about God and myself?
2. Is there an example here to follow or avoid?
3. Is there a command, a promise, or a warning that I need to apply?
4. What action do I need to take to align my life with this truth?



*The Bible is the Word of God*

# INFLUENCES OF OUR THOUGHTS

## New Life Christian Growth Series

### Booklet #20

#### Lesson #1

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#### This week's verse to memorize: Romans 12:2

And be not conformed to this world, but be ye transformed by the renewing of your mind, that you may prove what is that good, and acceptable, and perfect, will of God.

*Once, a pastor decided to test the level of obedience in his church by calling them together and posing the question, "What would you do if you were walking and found a purse full of money lying in the road?," he asked. "I'd return it to its owner," said one member. "His answer comes so quickly, I must wonder if he really means it," the pastor thought. "I'd keep the money if nobody saw me find it," said another member. "He has a frank tongue, but a wicked heart," the pastor told himself. "Well, Pastor," said a third member, "to be honest, I believe I'd be tempted to keep it. So I would pray to God that He would give me the strength to resist such a temptation and to be obedient in doing the right thing." "Ah!," thought the pastor, "Here is the man I would trust."*

Science has proven that the human mind never shifts into neutral. Every moment of every day, your thoughts are being influenced by the principles you surround yourself with, whether the principles are of this world's system or of God's kingdom.

One of the most influential and powerful components of your spiritual survival is your thought life. WHY? Because your life moves in the direction of your most dominant thoughts; this explains the daily battle for your thoughts to become conformed to the world's way of thinking.

If your thought life is unhealthy and negative, your actions will be unhealthy and negative, producing undesirable consequences. This type of thought pattern is called "stinking thinking."

Let the wicked \_\_\_\_\_, and the unrighteous man his thoughts:  
and let him \_\_\_\_\_, and He (God) will have  
mercy upon him; and to our God, for he will abundantly pardon. For my thoughts are not your thoughts, neither are your  
\_\_\_\_\_, saith the lord. For as the heavens are higher than the earth,  
\_\_\_\_\_,  
\_\_\_\_\_, and my thoughts than your thoughts (Isaiah 55:7-9).

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies \_\_\_\_\_  
\_\_\_\_\_, holy, acceptable unto God, which is your reasonable service. And be not \_\_\_\_\_  
\_\_\_\_\_: but be ye transformed \_\_\_\_\_  
\_\_\_\_\_ by the renewing of your mind, that ye may prove what  
is that good, and acceptable, and perfect, will of God. For I say, \_\_\_\_\_  
\_\_\_\_\_, to every man that is among you, not to think of himself more  
\_\_\_\_\_; but to think soberly  
according as God \_\_\_\_\_ to every man the measure of faith (Romans 12:1-3).

***INSIGHT:*** God cares about your thoughts; He wants you to have pure thoughts. He knows what you are thinking, so have good intentions. God will reward the thoughts that you put into action if they are obedient to Him.

Today's Bible reading is Isaiah chapter 55.

# WHAT IS STINKING THINKING?

## New Life Christian Growth Series

### Booklet #20

#### Lesson #2

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#### This week's verse to memorize: Romans 12:2

And be not conformed to this world, but be ye transformed by the renewing of your mind, that you may prove what is that good, and acceptable, and perfect, will of God.

#### What is "stinking thinking"?

*"Stinking thinking" is a term counselors use to describe thought patterns, which involve negative ideas about ourselves and others. It encompasses thoughts containing emotionally-based perceptions and involves blaming others for the problems in our lives. We are molded by the choices we make, so our thoughts are the determining factor of what shape we become.*

*A child's clay can be molded into any shape the child chooses. In a way, you are like clay. You are either molded into what the devil has in mind for you or into the image God has intended for you to become. The devil wants to conform your thoughts and who you are into the ugly shape of the world's materialism, fame, greed (greed has to do with anything that has a monetary value), influential power, and sensual desires. These pollute your body, soul, emotions, and mind, and they corrupt and erode your faith.*

For the weapons of our warfare are not carnal, \_\_\_\_\_  
to the pulling down of strong holds. Casting down imaginations, and every high thing that exalteth itself \_\_\_\_\_  
\_\_\_\_\_, and bringing into captivity every thought to the  
\_\_\_\_\_ of Christ; and having in a readiness to \_\_\_\_\_  
\_\_\_\_\_, when your obedience is fulfilled (II Corinthians 10:4-6).

Be careful for nothing; but in \_\_\_\_\_  
\_\_\_\_\_ with thanksgiving let your request be made known unto God. And the peace of  
God, which passeth all understanding, \_\_\_\_\_  
\_\_\_\_\_ through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest,  
whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report;  
if there be any virtue, and if there be any praise, \_\_\_\_\_  
\_\_\_\_\_ (Philippians 4:6-8).

**"Watch your thoughts; they become words.  
Watch your words; they become actions.  
Watch your actions; they become habits.  
Watch your habits; they become character.  
Watch your character; it becomes your destiny."**

Bear ye \_\_\_\_\_, and so fulfill the law of  
Christ. For if a \_\_\_\_\_  
\_\_\_\_\_, when he is nothing, he deceiveth himself (Galatians 6:2-3).

**Today's Bible reading is Romans chapter 12.**

# CHANGING STINKING THINKING INTO GOOD THOUGHTS

## New Life Christian Growth Series

### Booklet #20

#### Lesson #3

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#### This week's verse to memorize: Romans 12:2

And be not conformed to this world, but be ye transformed by the renewing of your mind, that you may prove what is that good, and acceptable, and perfect, will of God.

*How do I change my "stinking thinking" into healthy thought patterns? This transformation involves exchanging your thoughts with God's thoughts. Scripture is the Word of God, or His thoughts, so studying Scripture renews your mind. Renewing includes separating yourself from all that hinders God's plan for you. Integrating Godly thought patterns might prove to be the most challenging of the renewal process; yet, it is critical for your ongoing transformation.*

If so be that \_\_\_\_\_, and have been taught by him, as the truth is in Jesus: That ye put off concerning the \_\_\_\_\_, which is corrupt according to the deceitful lust; And be renewed in the \_\_\_\_\_; And that ye \_\_\_\_\_ which after God is created righteousness and true holiness. Wherefore putting away lying, speak every man truth with his neighbour: for we are members \_\_\_\_\_. Be ye angry, and sin not let not the sun \_\_\_\_\_ upon your wrath: Neither \_\_\_\_\_ to the devil (Ephesians 4:21-27).

*Throw off your old evil nature and your former way of life, which is rotten through and through, full of lust and deception. Instead, spiritually renew your thoughts and attitudes. You must display a new nature because you are a new person, created in God's likeness—righteous, holy, and true. What the mind attends to, the mind considers. What the mind constantly considers, the mind believes. What the mind believes, the mind eventually does.*

He that chastiseth the heathen, \_\_\_\_\_? he that teacheth man knowledge, shall not he know? The Lord \_\_\_\_\_, that they are vanity. Blessed is the man \_\_\_\_\_, O Lord, and teachest him out of thy law; That thou mayest give him \_\_\_\_\_, until the pit be digged for the wicked (Psalm 94:10-13).

Unless the Lord \_\_\_\_\_ had almost dwelt in silence. When I said, \_\_\_\_\_; thy mercy, O Lord, held me up. In the multitude of my thoughts within me, thy comforts \_\_\_\_\_ my soul (Psalm 94:17-19).

Do not \_\_\_\_\_, O Lord, that hate thee? and am not \_\_\_\_\_ with those that rise up against thee? Search me, O God, and \_\_\_\_\_: try me, and \_\_\_\_\_: And see if there be any wicked way in me, and \_\_\_\_\_ in the way everlasting (Psalm 139:21-24).  
What will you do to help yourself control your mind? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Today's Bible reading is Psalm chapter 139.

# HOW TO AVOID CREATING PATTERNS OF STINKING THINKING

## New Life Christian Growth Series

### Booklet #20

#### Lesson #4

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#### This week's verse to memorize: Romans 12:2

And be not conformed to this world, but be ye transformed by the renewing of your mind, that you may prove what is that good, and acceptable, and perfect, will of God.

*How do I avoid creating new patterns of "stinking thinking"? Set your affection on things above, not on things of the earth. You can do this by resisting seductive appeals and ungodly influences; these are some of the wisest avoidances you can make in ridding yourself of unwanted behavior patterns; yet, there is nothing wrong with making goals and plans for your future, as long as they are balanced with a heavenly mindset. You can do this by:*

- ⇒ Taking daily actions to be filled with the Holy Spirit
- ⇒ Remaining spiritually alert
- ⇒ Maintaining a holy lifestyle which blocks the enemy
- ⇒ Putting the words of the Lord Jesus Christ into practice

If ye then be risen with Christ, \_\_\_\_\_  
\_\_\_\_\_, where Christ sitteth on the right hand of God. Set your affection on \_\_\_\_\_  
\_\_\_\_\_, not on things on the earth. For ye are dead, \_\_\_\_\_  
\_\_\_\_\_ in God (Colossians 3:1-3).

***The Key to the Mind is meditation; for Christians, meditation means something good; and despite the different ways the term is used, it is something that you must take seriously in your walk of faith.***

O God, \_\_\_\_\_; early will I seek thee: my soul thirsteth for thee, my flesh  
longeth for thee in a the dry and thirsty land, where no water is; To see thy \_\_\_\_\_ and thy  
\_\_\_\_\_, so as I have seen thee in sanctuary. Because thy \_\_\_\_\_  
\_\_\_\_\_, my lips shall praise thee (Psalm 63:1-3).

***Simply put, meditation is the practice of thinking and controlling your mind's thoughts about the Lord in all fullness. It involves asking questions and filling in the answers.***

Who is God? \_\_\_\_\_

How does God work in my life? \_\_\_\_\_

What does Scripture say about Him? \_\_\_\_\_

How has He shown His faithfulness to me personally? \_\_\_\_\_

How has He made Himself known to me? \_\_\_\_\_

***In times of meditation, God's Holy Spirit directs our thinking as we earnestly seek to know God better.***

What will you do to better control your mind? \_\_\_\_\_  
\_\_\_\_\_

**Today's Bible reading is Psalm chapter 63.**

**FOUR TYPES OF MINDS**  
**New Life Christian Growth Series**  
**Booklet #20**

**Lesson #5**

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**This week's verse to memorize: Romans 12:2**

**And be not conformed to this world, but be ye transformed by the renewing of your mind, that you may prove what is that good, and acceptable, and perfect, will of God.**

*There are four types of minds described in today's lesson: the closed mind, the clouded mind, the cluttered mind, and the committed mind.*

***Closed mind:*** *This type of mind does not exclusively describe unbelievers. Believers and nonbelievers alike can listen passively with no intention of making application of what they hear. The seed has no place to grow because the soil's surface is too hard. These listeners may be saved, but they will remain shallow until they decide to pay attention to God and obey Him.*

And great multitudes were gathered together unto him, so that \_\_\_\_\_  
\_\_\_\_\_, and sat; and the whole multitude stood on the shore. And he \_\_\_\_\_  
\_\_\_\_\_ in parables, saying, Behold,  
a sower went forth to sow; And when he sowed, some seeds \_\_\_\_\_  
\_\_\_\_\_, and the fowls came and devoured them up (Matthew 13:2-4).

***Clouded mind:*** *This type of mind is represented by the rocky soil in Scripture. The clouded mind will hear God's Word and get excited, but then does not take time to study the Word, grows roots, or let the truth sink into its heart. With little doctrinal foundation or knowledge of God's promises, the person with the clouded mind has difficulty withstanding the harshness of life.*

Some fell upon stony places, where they had not much earth: and forthwith \_\_\_\_\_  
\_\_\_\_\_, because they had no deepness of earth: And when the sun was up, they were scorched and because they \_\_\_\_\_  
\_\_\_\_\_, they withered away (Matthew 13:5-6).

***Cluttered mind:*** *The worries of life are to the Christian heart what briars, thorns, and thickets are to a garden. A worried mind is a preoccupied mind, with little or no room for God's Word to sprout and thrive.*

And some fell \_\_\_\_\_; and the thorns sprung up, and choked them (Matthew 13:7).

***Committed mind:*** *The committed mind is a teachable mind. This mind is fertile soil, and God can teach it anything. The most intellectual mind in the world, if it is not teachable, will miss the truth of the Gospel—whereas even a young child who is teachable and willing to listen can be transformed.*

But other fell \_\_\_\_\_, some an hundredfold, some sixtyfold, some thirtyfold.  
Who hath \_\_\_\_\_, let him hear (Matthew 13:8-9).

For whosoever hath, to him \_\_\_\_\_, and he shall have more abundance: but  
whosoever hath not, from him shall be \_\_\_\_\_ even that he hath. Therefore speak I to  
them in parables: because they seeing see not; and hearing they hear not, \_\_\_\_\_  
\_\_\_\_\_ (Matthew 13:12-13).

Determine which of the one above describes your current condition of mind. \_\_\_\_\_

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**Today's Bible reading is Matthew chapter 13.**

# HOW TO LISTEN TO GOD'S WORD

## New Life Christian Growth Series

### Booklet #20

#### Lesson #6

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#### This week's verse to memorize: Romans 12:2

And be not conformed to this world, but be ye transformed by the renewing of your mind, that you may prove what is that good, and acceptable, and perfect, will of God.

*If you've determined to listen well, opening your mind to God's Word, and have seen that there is room for improvement, be encouraged. Here are a few steps that can help you become sensitive to the leading of God's Holy Spirit. Simply and prayerfully commit to:*

***Listen carefully: By an act of your will, you must choose to listen purposefully when you read God's Word or hear it preached. You must choose to "pray without ceasing" in your spirit as you go about your daily schedule.***

Of his own will begat he us with the word of truth, that we should be a kind of \_\_\_\_\_  
\_\_\_\_\_. Wherefore, my beloved brethren, let every man be  
\_\_\_\_\_, slow to speak, slow to wrath: For the wrath of man worketh \_\_\_\_\_  
\_\_\_\_\_ of God (James 1:18-20).

***Resist all outside clutter: One of Satan's strategies is to get our minds so occupied with other concerns that we compromise our reliance upon Christ. So much of what we deem as important plummets down the priority scale when held against the light of truth.***

See that none \_\_\_\_\_ unto any man; but ever follow  
that which is good, both among yourselves, and to all men. Rejoice evermore. Pray without \_\_\_\_\_.  
In \_\_\_\_\_ give thanks: for this is the \_\_\_\_\_ in  
Christ Jesus concerning you. Despise not prophesying. \_\_\_\_\_; hold fast that  
which is good. Abstain from all \_\_\_\_\_ evil (I Thessalonians 5:15-22).

***Evaluate your life against what you're hearing: This means taking the initiative to sift your life through the Truth — God's Word — and agreeing to make any necessary changes.***

Be careful for nothing; but in everything by \_\_\_\_\_  
with thanksgiving let your request be made known unto God. And the peace of God, which passeth all understanding, shall  
keep your \_\_\_\_\_ through Christ Jesus (Philippians 4:6-7).

***Apply the truths that the Holy Spirit impresses upon your heart: this is voluntary and indicates just how serious you are about walking with Christ. You are putting both your faith and what God tells you to do to the test. You can trust Him for the outcome.***

Finally, brethren, whatsoever things are \_\_\_\_\_, whatsoever things are \_\_\_\_\_, whatsoever  
things are \_\_\_\_\_, whatsoever things are \_\_\_\_\_, whatsoever things are \_\_\_\_\_,  
whatsoever things are of \_\_\_\_\_: if there be any virtue, and if there be any praise,  
\_\_\_\_\_ (Philippians 4:8).

***Obey those truths: Every time, without fail, strive to obey Scripture and God's leading. He then becomes responsible for the results.***

Today's Bible reading is James chapter 1.

# THE MIND — CONTROL TOWER OF YOUR LIFE

## New Life Christian Growth Series

### Booklet #20

#### Lesson #7

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#### This week's verse to memorize: Psalm 139:23-24

Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.

*Your mind is the control tower of your life. Your thoughts greatly influence your successes, your failures, and the direction of your life, as well as your relationships with God and others. Godliness is derived from thinking the way God does.*

Therefore, my brethren dearly beloved and longed for, my joy and crown, so \_\_\_\_\_, my dearly beloved. I beseech Euodias, and beseech Syntyche, that they may be \_\_\_\_\_. And I entreat thee also, true yokefellow (companion), help those women which laboured with me \_\_\_\_\_, with Clement also, and with other my \_\_\_\_\_, whose names are in the book of life. Rejoice in the Lord \_\_\_\_\_: and again I say, Rejoice (Philippians 4:1-4).

*There are several problems that can beleaguer your thought life. One of the most persistent problems is the influence of your past. When you were saved, God gave you a new spirit, a new life, and a new beginning. However, He did not blot the past from your mind—He wants you to be able to draw from your good and bad experiences when ministering to others. He also wants you to appreciate His grace all the more by remembering that from which He rescued you.*

Let your moderation be \_\_\_\_\_. The Lord is at hand. Be \_\_\_\_\_ but in everything by prayer supplication with thanksgiving let your request be made known unto God. And the peace of God, which passeth all understanding, shall keep your \_\_\_\_\_ Christ Jesus (Philippians 4:5-7).

*Another problem is unsuitable input. Though we may think we are immune, what we allow into our minds does greatly affect our thinking. Ungodly input creates an acceptance or appetite for worldly things. It can also lead to hostility; our godly thoughts are at odds with our ungodly appetites, which creates feelings of tension and guilt. As we begin to edit God from various parts of our lives, we allow Satan to get a toehold.*

I beseech you therefore, brethren, by the mercies of God, that ye present \_\_\_\_\_, holy, acceptable unto God, which is your reasonable service. And \_\_\_\_\_: but be ye transformed by the \_\_\_\_\_, that ye may prove what is that good, and acceptable, and perfect \_\_\_\_\_ (Romans 12:1-2).

*That's why God instructs us, "Whatever is true whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things" (Philippians 4:8). He knows that properly programming our mind can protect us from the devil's trap.*

What are you doing to protect your mind? \_\_\_\_\_

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Today's Bible reading is Romans chapter 12.

# **BE TRANSFORMED BY THE RENEWING OF YOUR MIND**

## **New Life Christian Growth Series**

### **Booklet #20**

#### **Lesson #8**

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#### **This week's verse to memorize: Psalm 139:23-24**

Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.

*The Bible encourages us not to be conformed to the world, but to be transformed by the renewing of our minds.*

***Acknowledge that you have the capacity to think rightly: God's Holy Spirit lives inside you if you have trusted Christ as your Savior; His presence enables you to think holy, pure thoughts because He is holy and pure. The very same power that raised Christ from the dead is inside you.***

But the natural man receiveth not the \_\_\_\_\_: for they are foolishness unto him: neither can he \_\_\_\_\_, because they are spiritually discerned. But he that is spiritual judgeth all things, yet he himself is judged of no man. For who hath known the \_\_\_\_\_, that he may instruct him? But we have the mind of Christ (I Corinthians 2:14-16).

***Seek spiritual things: If you work a muscle, it grows stronger. If you nurture your mind with Scripture and Godly input and exercise it studying and meditating on the Word, it will grow more like Christ's.***

If ye then be \_\_\_\_\_, where Christ sitteth on the right hand of God. Set your affections on \_\_\_\_\_, not on things on the earth. For ye are dead, and your life is \_\_\_\_\_ in God. When Christ, who is our life, shall appear, then shall ye also \_\_\_\_\_ in glory (Colossians 3:1-4).

***Sift thoughts through the Word and will of God: Too often, even Christians impetuously act without regard for God's concern or instruction. Avidly reading and obeying God's Word and trusting His Spirit's guidance will help you avert much heartache.***

For the weapons of our warfare are \_\_\_\_\_, but mighty through God to the pulling down of strong holds; Casting down \_\_\_\_\_, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every \_\_\_\_\_ of Christ; And having in a readiness to \_\_\_\_\_, when your obedience is fulfilled (II Corinthians 10:4-6).

***Choose to refuse certain thoughts: harmful thoughts are among those things referred to as Satan's "flaming arrows." You are not responsible for them, but you certainly are accountable for your response to them.***

Above all, \_\_\_\_\_, wherewith ye shall be able to \_\_\_\_\_ of the wicked (Ephesians 6:16).

*When bad thoughts enter into your mind, you can say something like, "Father, thank You that this thought didn't come from me and that I'm a forgiven child of God, purchased by the blood of Jesus; please take the thought away."*

**Today's Bible reading is Colossians chapter 3.**

# **LET THE SPIRIT CONTROL YOUR MIND**

## **New Life Christian Growth Series**

### **Booklet #20**

#### **Lesson #9**

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#### **This week's verse to memorize: Psalm 139:23-24**

**Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.**

*A spiritual battle is raging for control of our minds, because the way we think determines how we will behave and act.*

*If we want to conquer our sinful tendencies, we must learn to see ourselves as God does — as a new creation who is no longer under sin's mastery. Because of the presence of Christ's Spirit, we have the capacity to be "more than conquerors" regardless of our previous sins.*

Nay, in all these things we are more than \_\_\_\_\_ that loved us. For I am \_\_\_\_\_, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor \_\_\_\_\_, nor heights, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord (Romans 8:37-39).

*We also need to recognize the enemy's lies that tell us we are weak and will fail again. We are to fight back with God's truth that declares Christ's Spirit is greater than Satan. We are to focus our minds on spiritual things so we will learn to distinguish between what fits us as believers and what does not.*

Ye are of God, little children \_\_\_\_\_: because greater is \_\_\_\_\_, than he that is in the world (I John 4:4).

*Finally, we must choose what is suitable and reject what is ungodly.*

Blessed are the poor in spirit: \_\_\_\_\_.  
Blessed are they that mourn: for they shall be comforted. Blessed are the meek: \_\_\_\_\_.  
Blessed are they which do hunger and thirst after righteousness: for the shall be filled. Blessed are the merciful: \_\_\_\_\_.  
Blessed are the pure in heart: for the shall see God. Blessed are the peacemakers: \_\_\_\_\_.  
Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven. Blessed are ye, when men shall revile you, \_\_\_\_\_ and shall say all manner of evil against you falsely, for my sake (Matthew 5:3-11).

*The longer we are Spirit-led, the more sensitive we will become to His warnings about temptation, and the greater will be our strength to win the battle for our thought life.*

This I say then, \_\_\_\_\_, and ye shall not fulfill the lust of the flesh. For the \_\_\_\_\_, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. But if ye be \_\_\_\_\_, ye are not under the law (Galatians 5:16-18).

**Today's Bible reading is Galatians chapter 5.**

# HAVING A MIND AND HEART FOR GOD

## New Life Christian Growth Series

### Booklet #20

#### Lesson #10

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#### This week's verse to memorize: Psalm 139:23-24

Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.

*No one is born an atheist or an agnostic. Before birth, a simple knowledge which says, "There is a God" is written upon every person's mind. However, it is possible to ignore or reject this awareness, so that the mind becomes progressively darker until it can no longer see the light of truth. Those who knowingly deny the Lord and worship something or someone else will one day be judged according to His laws.*

The heavens \_\_\_\_\_; and the firmament sheweth his handywork. Day unto day \_\_\_\_\_, and night unto night sheweth knowledge. There is no speech nor language, \_\_\_\_\_ (Psalm 19:1-3).

*But what about the multitudes who have never heard the Gospel or seen a Bible? The only evidence they experience of the one true God is the natural world and an inborn sense of His reality, which their culture may try to deny or manipulate.*

Their line is gone out through all the earth, and their words to \_\_\_\_\_. In them hath he set a tabernacle for the sun. Which is as a \_\_\_\_\_ chamber, and rejoiceth as a strong man to run a race (Psalm 19:4-5).

*All people will be judged according to the truth they received, the opportunities they had, and the way they handled both. Compared to spiritual wisdom and diligence, knowledge and success count for little.*

Thou \_\_\_\_\_, whose mind is stayed on thee: because he trusteth in thee. Trust \_\_\_\_\_: for in the Lord Jehovah is everlasting strength (Isaiah 26:3-4).

*You have the opportunity to reach the people in your sphere of influence with the truth you know; that is God's plan for reaching the unreached.*

What are your plans for controlling your mind? \_\_\_\_\_

What are your plans for reaching the people in your sphere? \_\_\_\_\_

What are your plans for training your mind and heart to think on God? \_\_\_\_\_

**Today's Bible reading is Isaiah chapter 26.**

# FULFILLING GOD'S PURPOSE BY CONTROLLING YOUR MIND

## New Life Christian Growth Series

### Booklet #20

#### Lesson #11

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#### This week's verse to memorize: Psalm 139:23-24

Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.

*God declared, "For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future". Besides goal-setting, five steps are needed to fulfill His purposes for your life.*

For I \_\_\_\_\_, saith the Lord, thoughts of peace, and not of evil, to give you an expected end. Then shall ye call upon me, and ye shall go and pray unto me, and I will \_\_\_\_\_. And ye shall seek me, and find me, when ye shall \_\_\_\_\_ (Jeremiah 29:11-13).

***Maintain a cooperative spirit. The ability to work well with others is a key to achieving your goals. You must set aside your pride, which does not want to bend, and develop a servant-like spirit that willingly cooperates with others. Give-and-take is essential in relationships.***

After a long time the lord \_\_\_\_\_, and reckoneth with them. And so he that had received five talents came and brought \_\_\_\_\_, saying, Lord, thou deliveredst unto me five talents: behold, I have gained beside them five talents more. His Lord said unto him, \_\_\_\_\_; thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy Lord (Matthew 25:19-21).

***Exercise courage. God may ask you to work with difficult people, separate yourself from situations you regard as okay, or give you assignments that seems too large. Each circumstance requires that you exercise courage and move forward.***

He also that had \_\_\_\_\_, Lord, thou deliveredst unto me two talents: behold, I have gained \_\_\_\_\_ beside them. His lord said unto him, \_\_\_\_\_; thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord (Matthew 25:22-23).

***Demonstrate persistence. A determined mind and tenacious spirit are needed in order to follow through when you face temptation, adversity, discouragement, or personal failure.***

Then he which had received \_\_\_\_\_, Lord, I knew thee that thou art an hard man, reaping where thou hast not sown, and gathering where thou hast not strawed: And I was afraid, and went and \_\_\_\_\_; lo, there thou hast that is thine. His lord answered and said unto him, \_\_\_\_\_, thou knewest that I reap where I sowed not, and gather where I have not strawed (Matthew 25:24-26).

***Exhibit a controlled attitude. Having a Christ-centered, hopeful attitude is essential to success. When negative thoughts, doubts, and fears surface, turn to God and reflect on His character, all-encompassing love, and good purposes. Do not allow pessimistic thoughts and emotions to overtake your mind.***

***Consciously depend upon God. You are to rely on Him for wisdom, guidance, and the spiritual training needed to carry out His plans. Self-reliance and independent action will lead you astray every time.***

Today's Bible reading is Matthew chapter 25.

**COMBATING A DOWNWARD SPIRAL OF DESTRUCTIVE THOUGHTS**

**New Life Christian Growth Series**

**Booklet #20**

**Lesson #12**

**This week's verse to memorize: Psalm 139:23-24**

Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.

*You fall into bed at the end of a long, hard day. You close your eyes and begin to assess your life. Within a few moments' time, you are brooding over lost opportunities, past mistakes, and chances you never got. Your mind focuses intently on the fact that you aren't as successful as your neighbors are. "If only..." you think.*

If ye then be risen with Christ, \_\_\_\_\_, where Christ sitteth on the right hand of God. \_\_\_\_\_, not on things on the earth. For ye are dead, in God (Colossians 3:1-3).

*If you give into these destructive thoughts, they will take you in a downward spiral that is never-ending. The process evolves like this: A. First, a problem, concern, or issue enters your thoughts. B. Next, when no clear solution surfaces in your mind, you begin to experience destructive feeling like worry, fear, stress, and guilt. C. Finally, negative feelings take root and produce anxiety, tension, or even depression as you frantically try to resolve your problems or mourn over your failure to do things differently.*

When Christ, \_\_\_\_\_, shall appear, then shall ye also appear with him in glory. Mortify (put to death) therefore \_\_\_\_\_; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry (Colossians 3:4-5).

*To effectively combat the ill effects of this downward spiral, you must learn to submit your concerns to God early in the process. The tighter you cling to the notion that you can completely ordain the course of your life, the more you will slide down the spiral.*

For which things' sake the \_\_\_\_\_: In the which ye also \_\_\_\_\_, when ye lived in them. But now \_\_\_\_\_; anger, wrath, malice, blasphemy, filthy communication out of your mouth (Colossians 3:6-8).

*If you believe that you are entirely responsible for solving every problem you encounter or building your life according to societal specifications, you will inevitably fail; but when you surrender your mind and will to the Lord, you can sleep peacefully with the knowledge that He who began a good work in you is faithful to complete it.*

Being confident of this very thing, \_\_\_\_\_ it until the day of Jesus Christ (Philippians 1:6).

**Today's Bible reading is Colossians chapter 3.**

# TAKING DESTRUCTIVE THOUGHTS CAPTIVE

## New Life Christian Growth Series

### Booklet #20

#### Lesson #13

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#### This week's verse to memorize: Psalm 139:23-24

Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.

*“This is not an age in which to be a soft Christian.” You glance across the room and notice two of your friends speaking with hushed voices. When you begin to think about it, you recall that neither of them greeted you when you walked into the room that evening. You ruminate over the events of the week. One of the friends was short with you. The other didn’t speak to you at all. “They’ve probably become the best of friends now,” you think. “They don’t care about me anymore.”*

And the peace of God, \_\_\_\_\_, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are \_\_\_\_\_, whatsoever things are \_\_\_\_\_, whatsoever things are \_\_\_\_\_, whatsoever things are \_\_\_\_\_, whatsoever things are of \_\_\_\_\_; if there be any virtue, and if there be any praise, \_\_\_\_\_ (Philippians 4:7-8).

*Destructive thoughts like these can tear apart a good friendship. In reality, you have no way of knowing what the whispering is about, but most likely, it didn’t involve you. A wise person avoids thought patterns before they take hold.*

Those things, which ye have both \_\_\_\_\_, and heard, and seen in me, do: and the God of peace shall \_\_\_\_\_. But I \_\_\_\_\_ that now at the last your care of me hath flourished again; wherein ye were careful, but ye lacked opportunity (Philippians 4:9-10).

*In the second letter of Corinthians, the Bible addresses the battle of the mind. The Bible praises the believers at Corinth for their mental successes, saying, “We are destroying speculations and every lofty things raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ.”*

For the weapons of our warfare are \_\_\_\_\_, but mighty through God to the pulling down of \_\_\_\_\_; casting down imaginations and every high thing that exalteth itself \_\_\_\_\_, and

\_\_\_\_\_ of Christ; And having in a readiness to revenge all disobedience, when your obedience is fulfilled (II Corinthians 10:4-6).

*What does it mean to take a thought “captive”? It means that you are to examine and compare each thought you have with the standard of thinking set for us by God.*

Please name ways that you have learned to control your thoughts and mind: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What does it mean to take a thought captive? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Today's Bible reading is II Corinthians chapter 10.

# WHAT DOMINATED YOUR THOUGHTS AND MIND?

## New Life Christian Growth Series

### Booklet #20

#### Lesson #14

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This week's verse to memorize: II Timothy 1:7

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

*What dominates your thoughts most of the time? Do you think about your spouse, children, or past? Do you reflect on books, movies, or a news item for hours on end? Have you ever had a particular song in your head all day long? We all know what it is like to have our thoughts held captive by something, be it a person, song, or something entirely different.*

Now after the death of Moses the servant of the Lord, it came to pass, that \_\_\_\_\_  
\_\_\_\_\_ unto Joshua the son of Nun, Moses' minister, saying, Moses my servant is dead; now therefore  
\_\_\_\_\_, go over this Jordan, thou, and all this people, unto the land which I do \_\_\_\_\_  
\_\_\_\_\_, even to the children of Israel. Every place that the sole of your \_\_\_\_\_  
\_\_\_\_\_, that have I given unto you, as I said unto Moses (Joshua 1:1-3).

*We often do not consider that what we think about determines the way in which we act. Our thoughts find expression in our actions. If we spend time thinking fondly about someone, the result will be a more loving demeanor around that person. Or, if we find ourselves thinking about a certain movie for a while, the result will be a strong desire to view the film. We simply cannot escape the fact that our bodies will travel in the direction that our minds are traveling.*

From the wilderness and this Lebanon even unto the great river, the river Euphrates, all the land of the Hittites, and unto the great sea toward the going down of the sun, shall be your coast. There shall not any man be able to stand before thee \_\_\_\_\_  
\_\_\_\_\_ : as I was with Moses, so I will be with thee: \_\_\_\_\_  
\_\_\_\_\_, nor forsake thee (Joshua 1:4-5).

*With this in mind, consider the Lord's instruction to meditate on His Word "day and night." Further, heed the Bibles' encouragement to submerge your thoughts only in what is excellent and worthy of praise.*

Be \_\_\_\_\_ : for unto this people shalt thou divide for an inheritance the land, which I swear unto their fathers to give them. Only be thou strong and very courageous, that thou mayest observe to do according to all the law, which Moses my servant commanded thee: \_\_\_\_\_

\_\_\_\_\_, that thou mayest prosper whithersoever thou goest. This book of the law shall not depart out of thy mouth; but thou shalt \_\_\_\_\_  
\_\_\_\_\_, That thou mayest \_\_\_\_\_  
\_\_\_\_\_ : for then thou shalt make thy way prosperous, and then thou shalt have good success (Joshua 1:6-8).

What would happen if you were to focus your thoughts in this way throughout the day? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Would your life be heading in a different direction? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Ask God to keep your thoughts on track so that your actions may not go too far astray.

Today's Bible reading is Joshua chapter 1.

# GOD'S PLANS FOR OUR THOUGHT LIFE

## New Life Christian Growth Series

### Booklet #20

#### Lesson #15

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#### This week's verse to memorize: II Timothy 1:7

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

*As you search to discover God's plan for your life, you should consider three things:*

**#1 — Glorifying God:** *You are commanded to let your light shine before men, so that you will bear spiritual fruit that glorifies the Lord. As your life increasingly follows the pattern of the Savior's, your thoughts and responses will bring Jesus praise and will point other people to Him.*

But ye are a \_\_\_\_\_, and holy nation, a peculiar people; That ye should shew forth the \_\_\_\_\_ out of darkness and into his marvelous light. Which in time past were not a people, but are now the \_\_\_\_\_: which had not obtained mercy, but have obtained mercy (I Peter 2:9-10).

**#2 — Conforming to Christ's likeness:** *For each opportunity that you encounter, you must make this assessment: Will it help me to become more like Jesus or will it tempt me in my weaker areas, causing me to turn away from Him? If you submit your mind and emotions to the Lord, His Spirit will build Jesus' character qualities into your life. As you rely on the Holy Spirit, He will help you make wise decisions and will also guide you safely past temptation.*

Dearly beloved, I beseech you as strangers and pilgrims, \_\_\_\_\_, which war against the soul; having your conversation honest among the Gentiles: that, whereas they speak against you as evildoers, they \_\_\_\_\_, which they shall behold, glorify God in the day of visitation (I Peter 2:11-12).

**#3 — Following the Lord's will:** *When trying to decide how to proceed, ask yourself, "Is this in line with God's known will?" Throughout Scriptures, the heavenly Father has revealed what pleases him. His commands are clear regarding the way born-again believers should live. Your home, business, and community life are to function according to His will.*

Submit yourselves to every ordinance of man \_\_\_\_\_: whether it be to the king, as supreme; or unto governors, as unto them that are sent by him \_\_\_\_\_ and for the praise of them that do well. For so is the \_\_\_\_\_, that with well doing ye may put to silence the ignorance of foolish men. As free, and not using your \_\_\_\_\_, but as the servants of God (I Peter 2:13-16).

*Whether it be your family or friends, don't let yourself be pressured into decisions that would displease God. Train yourself to stop and ask the Holy Spirit to reveal whether choices will bring God glory, develop Christ's character in you, and keep yourself in the center of God's plan and purpose. Wait on Him, and don't step ahead until you have an answer.*

What plans and steps will you take to train yourself to wait on the Lord for the answer? \_\_\_\_\_

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Today's Bible reading is I Peter chapter 3.

**WHY WE LOSE OUR PEACE OF MIND**  
**New Life Christian Growth Series**  
**Booklet #20**

**Lesson #16**

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**This week's verse to memorize: II Timothy 1:7**

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

*Your thoughts play a great role in the level of peace in your life. When your mind is occupied with negative, nagging, and unproductive thoughts, you invite anxiety and worry into your life. Therefore, you must learn to recognize and replace negative thought patterns before they rob you of peace.*

Come, behold the \_\_\_\_\_, what desolations he hath made in the earth. He \_\_\_\_\_ to cease unto the end of the earth; he breaketh the bow, and cutteth the spear in sunder; he burneth the chariot in the fire. Be still, \_\_\_\_\_: I will be exalted among the heathen; I will be exalted in the earth. The \_\_\_\_\_; the God of Jacob is our refuge (Psalm 46:8-11).

*There are seven categories of thoughts that steal peace from us. (1) sinful, (2) negative, (3) erroneous, (4) unrealistic, (5) rebellious, (6) obsessive, and (7) enslaving thoughts. Each category represents a different area in which Satan aims to establish a stronghold in your mind.*

But now in Christ Jesus ye who sometimes \_\_\_\_\_ are made nigh by the blood of Christ. For \_\_\_\_\_, who hath made both one, and hath broken down the middle wall of partition between us; Having abolished in his flesh the enmity, even the law of commandments contained the ordinances; for to make in himself of twain one new man, so making \_\_\_\_\_ (Ephesians 2:13-15).

*Whether you are plagued by one or several above types of thoughts, it is important to properly extinguish the flames of their fiery path through your mind. Until they are put down, you will be unable to experience God's gift of peace.*

And that he might reconcile both unto God in \_\_\_\_\_, having slain the enmity thereby: And came and preached peace to you \_\_\_\_\_, and to them that were nigh. For through him we both have access by \_\_\_\_\_ unto the Father (Ephesians 2:16-18).

*When these thoughts surface, first reach out to God in prayer. Confess that you're struggling with troublesome thoughts and ask Him to remove your burden. Then, turn your mind's energy to that which is positive, uplifting, and of God.*

Now therefore ye are no more \_\_\_\_\_, but fellow citizens with the saints, and of the household of God; And are build upon the foundation of the apostles and prophets, Jesus Christ himself being \_\_\_\_\_; In whom all the building fitly framed together growth unto a \_\_\_\_\_ in the Lord. In whom \_\_\_\_\_ for an habitation of God through the Spirit (Ephesians 2:19-22).

**Allow God to quench your desire to ponder concepts and ideas with positive thoughts of His plan for peace in your life.**

**Today's Bible reading is Ephesians chapter 2.**

**A CLEAR MIND**  
**New Life Christian Growth Series**  
**Booklet #20**

**Lesson #17**

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**This week's verse to memorize: II Timothy 1:7**

**For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.**

*You cannot **think** wrongly and **live** rightly. If you are thinking properly, your life will be on track because the Holy Spirit will enable you to achieve and become what He has in mind. As Christians, “you have the mind of Christ”; you have the capacity to think the way the Lord Jesus Christ thinks and to view your circumstances from His perspective.*

But as it is written, eye hath not seen, nor ear heard, neither have \_\_\_\_\_  
\_\_\_\_\_, the things which God hath prepared for them that \_\_\_\_\_  
\_\_\_\_\_. But God hath revealed them unto us by his Spirit: for the Spirit \_\_\_\_\_  
\_\_\_\_\_, yea, the deep things of God (I Corinthians 2:9-10).

*To see as Christ does is often at odds with how the world sees. For example, to the non-spiritual mind, there appears to be nothing positive about death; but believers know the truth about death and life eternal—for them, to be absent from the body is to be present with the Lord.*

For we walk \_\_\_\_\_ We are confident, I say, and  
willing rather to be \_\_\_\_\_ and to be present with the  
Lord. Where we labour, that, \_\_\_\_\_, we may  
be accepted of him. For we must \_\_\_\_\_  
\_\_\_\_\_ ; that every one may receive the things \_\_\_\_\_  
\_\_\_\_\_, according to that he hath done, whether it be good or bad (II Corinthians 5:7-10).

*Similarly, when you encounter other hardships, you can be thankful because “...[you] know that God causes all things to work together for good to those who love God, to those who are called according to His purposes” (Romans 8:28). Since the world doesn't understand, they accuse you of being confused. You're not confused—knowing what the Bible says on the subject. You can understand God's viewpoint, which is truth.*

For what man knoweth the things of a man, save the spirit of man which is in him? Even so the things of God \_\_\_\_\_  
\_\_\_\_\_ of God. Now we have received, \_\_\_\_\_  
\_\_\_\_\_, but the spirit which is of God; that we might know the things  
that are \_\_\_\_\_ to us of God (I Corinthians 2:11-12).

*So how can you keep your mind from being confused by the world, cluttered with its vain philosophies, and corrupted by its system? Just as computers need good software, so you must program your mind with truth. That means daily meditation on God's Word and His principles. **Keep the following verse in your mind:***

And be not \_\_\_\_\_ : but be ye transformed by the  
renewing of your mind, that ye may prove what is that \_\_\_\_\_, and acceptable, and perfect, will of God (Romans 12:2).

Tell us what your plans are to keep your mind pure: \_\_\_\_\_  
\_\_\_\_\_

**Today's Bible reading is I Corinthians chapter 2.**

# MEDITATION — THE KEY TO CONTROLLING YOUR MIND

## New Life Christian Growth Series

### Booklet #20

#### Lesson #18

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This week's verse to memorize: II Timothy 1:7

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

*“Meditation” is a word that has been thrown around quite a bit over the years. To some, it is a time of introspection and self-empowerment. To others, it is seen as a mystical practice in which certain people focus on some false god or belief system. For Christians, however, meditation means something else, and despite the different ways the term is used, it is something that we must take seriously in our walk of faith and in the controlling of our mind.*

O God, thou art my God; \_\_\_\_\_, my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is; to \_\_\_\_\_, so as I have seen thee in the sanctuary. Because thy lovingkindness is \_\_\_\_\_, my lips shall praise thee (Psalm 63:1-3).

**Simply put, meditation is the practice of thinking about the Lord in all of His fullness. It involves asking questions like:**

*Who is God?* \_\_\_\_\_

*How does God work in my life?* \_\_\_\_\_

*What does Scripture say about him?* \_\_\_\_\_

*How has God shown His faithfulness to you personally?* \_\_\_\_\_

*How has God made Himself known to you?* \_\_\_\_\_

**In times of meditation, God's Holy Spirit directs your thinking as you earnestly seek to know God better.**

Thus will I bless \_\_\_\_\_: I will lift up my hands in thy name. My \_\_\_\_\_ as with marrow and fatness; and my mouth shall praise thee with joyful lips: When I \_\_\_\_\_ thee upon my bed, and \_\_\_\_\_ on thee in the night watches. Because \_\_\_\_\_, therefore in the shadow of thy wings \_\_\_\_\_ (Psalm 63:4-7).

**Meditation is a time of thinking that is completely dedicated to the Lord. Often, this means arguing with yourself and wrestling with spiritual principles as God builds a firm foundation in your life. It may even be a time of humiliation, as the Lord does what is necessary to humble you in His presence, bringing you into a true Christ-centered frame of mind.**

My \_\_\_\_\_: thy right hand upholdeth me. But \_\_\_\_\_ shall go into the lower parts of the earth. (Psalm 63:8-9).

**Meditation is serious business, and believers should never imagine it as a time of thoughtless relaxation. Absolute concentration is required, as the Lord directs your thoughts according to His will. Set aside an hour this week to focus your mind totally on God. He is certainly worthy of your undivided attention.**

Will you set aside one hour to clear your thoughts and focus your mind on God? Yes: \_\_\_\_\_ No: \_\_\_\_\_

**Today's Bible reading is Psalm chapter 63.**

# MEDITATION IN RELATIONSHIP TO THE MIND

## New Life Christian Growth Series

### Booklet #20

#### Lesson #19

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#### This week's verse to memorize: II Timothy 1:7

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

*People frequently ask, "What can I do to really grow in my Christian life?" They are usually looking for a secret path to maturity—something to do, or some specific type of service, gift, or talent; yet, the true key to growing in your relationship with Christ isn't found in any of these things. In fact, possibly the most important thing you can do to mature in your faith and mind is simply to focus on your relationship with the heavenly Father.*

Now therefore so shalt thou say unto my servant David, Thus saith the Lord of hosts, I took thee from the sheepcote, from following the sheep, to be \_\_\_\_\_, over Israel: And \_\_\_\_\_ whithersoever thou wentest, and have cut off all thine enemies out of thy sight, and have made thee \_\_\_\_\_, like unto the name of great men that are in the earth (II Samuel 7:8-9).

*When you realize that genuine maturity and effectiveness are tied to your relationship with the Lord rather than what you can do for Him, your whole paradigm will start to shift. Talents, gifts, and personalities do not matter nearly as much as the commitment to simply know God.*

But now thy kingdom shall not continue: \_\_\_\_\_, and the Lord hath commanded him to be captain over his people, because thou hast not kept that which the Lord commanded thee (I Samuel 13:14).

*King David was known as the "man after God's own heart," and yet David himself asked, "Who am I ... that you have brought me this far?" Why was God so gracious to him? What was it about him that God valued so highly? It was that David knew God. He spent time with the Lord. He poured his heart out to his heavenly Father.*

Then went king David in, \_\_\_\_\_, and he said, Who am I, O Lord God? and what is my house, that thou hast brought me hitherto? And this was yet a \_\_\_\_\_, O Lord God; but thou hast spoken also of thy servant's house for a great while to come. And is this the \_\_\_\_\_, O Lord God? And what can David say more unto thee? for thou, Lord God, \_\_\_\_\_ (II Samuel 7:18-20).

*In the book of Psalms, in psalm after psalm you see David laying everything out before the Lord and seeking His perfect will. David's strength was in his relationship with God.*

Do you want to grow in the Lord? Yes \_\_\_\_\_ No \_\_\_\_\_

What can you do to grow in the Lord and serve Him? \_\_\_\_\_

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Maybe you need to say, "Here I am, Father. Use me."

Today's Bible reading is II Samuel chapter 7.

**ESSENTIALS OF EFFECTIVE MEDITATION FOR THE MIND**

**New Life Christian Growth Series**

**Booklet #20**

**Lesson #20**

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**This week's verse to memorize: II Timothy 1:7**

**For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.**

*You may wonder, "How can I incorporate genuine meditation into my Christian life and mind?" I believe there are several essentials of meditating that will reap tremendous benefits in your mind and walk of faith.*

God is \_\_\_\_\_, a very present help in trouble. Therefore will \_\_\_\_\_, though the earth be removed, and though the mountains be carried into the midst of the sea; Though the waters thereof roar and be troubled, though the \_\_\_\_\_ swelling thereof (Psalm 46:1-3).

*Season of time: do you hurry through your prayer time so that you can get to other things? Think about the model Jesus gave us. Did He ever rush through His time with the Father? No, He made His time with the Father the priority, and everything else fell into place around that.*

There is a river, the streams thereof shall make glad \_\_\_\_\_, the holy place of the tabernacles of the most High. God is in the midst of her \_\_\_\_\_, and that right early. The heathen raged, the kingdoms were moved: he uttered his voice, \_\_\_\_\_ (Psalm 46:4-6).

*Stillness: You read the call to stillness in God's word, yet you may wonder what it means to "be still." Stillness means that you stop everything. This can be difficult for you in this fast-paced, multi-tasking world. You've gotten used to doing a dozen things at once! However, true meditation requires that you focus your minds only on the Almighty God.*

Come, \_\_\_\_\_, what desolations he hath made in the earth. He maketh wars to \_\_\_\_\_; he breaketh the bow, and cutteth the spear in sunder; he burneth the chariot in the fire. Be \_\_\_\_\_: I will be exalted in the earth. The Lord of hosts is \_\_\_\_\_; the God of Jacob is our refuge (Psalm 46:8-11).

*Seclusion: this is something that the Lord really had to fight for in His ministry, as He was constantly surrounded by people. While always attending to their needs, He also guarded His need for seclusion. Often in the gospels, you see Jesus retreating for some private, intimate time with the Father no matter what else was going on. Jesus always made a point to safeguard time to rest in the Spirit, focus on His relationship with the Father, and build up His strength.*

What steps will you take to be secluded? What will you do to just be still and listen for God's will? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Today's Bible reading is Psalm chapter 46.**

# **DISCOVERING THE MIND FOR LIFE PURPOSES**

## **New Life Christian Growth Series**

### **Booklet #20**

#### **Lesson #21**

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#### **This week's verse to memorize: II Timothy 1:7**

**For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.**

*Those who know and follow God's direction will experience peace, joy, and contentment. To discover your life's purpose, the first step, which makes all the other steps possible, is to trust in Jesus Christ alone for salvation. In other words, you must be saved.*

That in the ages to come he might shew the exceeding \_\_\_\_\_  
\_\_\_\_\_ toward us through Christ Jesus. For by \_\_\_\_\_  
\_\_\_\_\_ ; and that not of yourselves: it is the \_\_\_\_\_  
\_\_\_\_\_ : Not of works, lest any man \_\_\_\_\_.

For we are his \_\_\_\_\_, created in Christ Jesus unto good works, which God hath before  
ordained that we should \_\_\_\_\_ (Ephesians 2:7-10).

*Your part in salvation is to acknowledge that you are a sinner — to admit to God that you've lived in rebellion against Him because you wanted your own way. By professing your belief that Jesus' death on the cross fully paid your sin-debt, you're asking for God's forgiveness.*

For \_\_\_\_\_ and fall short of the glory of God; Being justified \_\_\_\_\_  
\_\_\_\_\_ through redemption that is in Christ Jesus: Whom God hath sent forth to be a  
\_\_\_\_\_,  
to declare his righteousness for the remission of sins that are past, through the forbearance of God (Romans 3:23-25).

#### ***Recognizing Jesus as personal Savior and Lord, you commit your life to Him.***

If we say that \_\_\_\_\_, we deceive ourselves, and the \_\_\_\_\_  
\_\_\_\_\_ us. If we confess our sins, he is \_\_\_\_\_  
\_\_\_\_\_, and to cleanse us from all unrighteousness. If  
we say that we have not sinned, we make him a \_\_\_\_\_, and his word is not in us (I John 1:8-10).

*Since He is now in charge, your order and direction will come from Him. After becoming part of God's family, you have His Spirit to help you discover and carry out your Father's plan.*

That if \_\_\_\_\_  
\_\_\_\_\_, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved (Romans 10:9).

I am crucified with Christ: nevertheless I \_\_\_\_\_  
\_\_\_\_\_: and the life  
which I now live in the flesh I live by the faith of the son of God, who loved me, and gave himself for me (Galatians 2:20).

**Today's Bible reading is Galatians chapter 2.**

**A CLEAR CONSCIENCE OF THE MIND**  
**New Life Christian Growth Series**  
**Booklet #20**

**Lesson #22**

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**This week's verse to memorize: Philippians 4:7**

**And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.**

*Although we ordinarily think of the conscience as a good thing, it is astonishing how corrupt this moral faculty can become. The Bible talks about wicked and unbelieving men and says that both their minds and their consciences are defiled.*

Unto the \_\_\_\_\_: but unto them that are defiled and unbelieving \_\_\_\_\_: but even their mind and conscience is defiled. They profess that \_\_\_\_\_; but in works they deny him, being abominable, and disobedient, and unto every good work reprobate (Titus 1:15-16).

*He goes on to describe such men as “detestable and disobedient and worthless for any good deed.” This represents the advanced stages of dissolution for those who constantly reject the voice of conscience; eventually, they become “scared in their own conscience as with a branding iron.”*

Now the spirit speaketh expressly, that in the latter times \_\_\_\_\_, giving heed to seducing spirits, and doctrines of devils; Speaking lies in hypocrisy; having their \_\_\_\_\_ with a hot iron (I Timothy 4:1-2).

*In contrast to this are those who turn to the Savior to have their conscience cleaned from dead works in order to serve God with their whole hearts.*

How much more shall the blood of Christ, who through the eternal spirit \_\_\_\_\_, purge your conscience from dead works to serve the living God? (Hebrews 9:14).

*Jesus will purge an impure mind and make it clean, but He wants us to keep it clean. That is what Peter had in mind when he urged his listeners to “keep a good conscience.”*

Having a good conscience; that, whereas they speak evil of you, as of evildoers, \_\_\_\_\_ (I Peter 3:16).

*This is the way to avoid the shipwreck of faith that the Bible talks about and is also the way to avoid offending the consciences of others:*

Holding faith, \_\_\_\_\_; which some having put away concerning faith \_\_\_\_\_ (I Timothy 1:19).

**Don't let offenses pile up and dull your conscience. Be quick to confess your sin, and keep consistent accounts with God; this is the way to have a conscience void of offense.**

**Today's Bible reading is Acts chapter 24.**

**LIVING WITH A CLEAN MIND IN A DIRTY WORLD**

**New Life Christian Growth Series**

**Booklet #20**

**Lesson #23**

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**This week's verse to memorize: Philippians 4:7**

**And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.**

*At the end of the day, do you ever feel like you need a bath, not because your physical body is unclean, but rather because your spirit has been grieved by evil things you have heard and seen throughout the day?*

Be ye not \_\_\_\_\_: for what fellowship hath righteousness with unrighteousness? And what communion hath light with darkness? And what concord hath Christ with Belial? or what part hath he \_\_\_\_\_ infidel (unbeliever) (II Corinthians 6:14-15).

*Sometimes a few moments spent watching television or reading a newspaper can cloud your mind with the images of violent crimes, scandalous encounters, and acts of social injustice.*

And what agreement hath the \_\_\_\_\_? for ye are the \_\_\_\_\_; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people (II Corinthians 6:16).

*The Bible offers advice to fellow believers surrounded by immorality and corruption: "Do not be bound together with unbelievers; for what partnership have righteousness and lawlessness, or what fellowship has light with darkness?"*

Wherefore come out from among them, and be ye \_\_\_\_\_, and touch not the unclean thing; and I will receive you. And will be a \_\_\_\_\_, and ye shall be my \_\_\_\_\_, saith the Lord Almighty (II Corinthians 6:17-18).

*As a Christian living in a spiritually and morally "dirty" world, you have a decision to make each day. Will you participate in the sinful acts around you or will you separate yourself from evil?*

Though temptation is often strong, what can you do to fight temptation? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Who offers each of us the strength to resist sinful urges? \_\_\_\_\_

When you experience evil around you, what should you do? \_\_\_\_\_

*When you resist Satan's attempts to lure you away from that which is pure and holy, your rewards are twofold. You bring delight to your heavenly Father, and you set an effective Christ-like example for unbelievers around you.*

What can you do to avoid evil today? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Today's Bible reading is II Corinthians chapter 6.**

# A TOOL OF THE TEMPTER TO CONTROL THE MIND

## New Life Christian Growth Series

### Booklet #20

#### Lesson #24

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#### This week's verse to memorize: Philippians 4:7

And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

*No one likes the idea of being manipulated by another person; when it happens, we are left feeling emotionally vulnerable. Jesus uses the strongest possible terms to warn those who cause another to sin. He tells them that it would be better if they had died than to do such a thing. It is as if Jesus posted a large sign saying, "Danger! Beware! Do not enter!" Causing another to succumb to temptation is serious in God's eyes.*

At the same time came the disciples unto Jesus, saying, Who is \_\_\_\_\_  
\_\_\_\_\_? And Jesus called \_\_\_\_\_  
\_\_\_\_\_ unto him, and set him in the midst of them. And said, Verily I say unto you, except ye be converted,  
and become \_\_\_\_\_, ye shall not enter into the kingdom  
of heaven. Whosoever therefore shall \_\_\_\_\_,  
\_\_\_\_\_, the same is greatest in the kingdom of heaven (Matthew 18:1-4).

And whoso shall receive one such \_\_\_\_\_  
receiveth me. But whoso shall offend one of these little ones \_\_\_\_\_  
\_\_\_\_\_, it were better for him that a millstone were hanged about his neck, and that he were drowned in  
the depth of the sea. Woe unto the world because of offences! For it must needs be that \_\_\_\_\_  
\_\_\_\_\_; but woe to that man by whom the offence cometh! (Matthew 18:5-7).

*"Whew," you think. "I'm glad I'm not one of them." Are you sure you're not? Our actions impact others, and who is without sin? We like to think that much of our sin is small—hardly a blip on the screen, not hurting anyone and affecting only ourselves; in this teaching, Jesus reveals the error of such thinking. Our lack of forgiveness towards someone could cause that person to be unforgiving in return.*

Wherefore if thy hand or thy foot offend thee, \_\_\_\_\_, and cast  
them from thee: \_\_\_\_\_ to enter life halt or maimed, rather  
having two hands or two feet to be cast into everlasting fire. And if thine eye offend thee, \_\_\_\_\_:  
\_\_\_\_\_ it is better for thee to enter into life with one eye, rather than having two eyes to be cast into hell fire (Matthew 18:8-9).

*Anger that flares up in us at regular intervals may be copied by someone younger. Lies we tell to get out of tight situations or conversations widespread with gossip can severely damage other people.*

*Satan, a master manipulator, seeks to trip people up; we can become his tool when we allow ourselves to fall into sin.*

What will you do to consider the consequences of your actions and attitudes? What will you do to surrender to His ways?

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Today's Bible reading is Matthew chapter 18.

## **A MOMENT OF WEAKNESS OF THE MIND**

### **New Life Christian Growth Series**

### **Booklet #20**

### **Lesson #25**

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**This week's verse to memorize: Philippians 4:7**

**And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.**

*Many people mistake temptation for the actual act of sin; however, these two are not the same. If we are to achieve victory in the Christian life, we must learn to distinguish between the two.*

Now all these things happened unto them for ensamples: and they are written \_\_\_\_\_  
\_\_\_\_\_, upon whom the ends of the world are come. Wherefore let him that thinketh he  
\_\_\_\_\_ lest he fall (I Corinthians 10:11-12).

*Understand that feeling the temptation to sin does not mean that the act of sin must follow. Rather, temptation involves a process through which your heart, mind, and body is preparing for the act of sin. Interrupting this process can stop the growing temptation dead in its tracks before it becomes a sin.*

There hath \_\_\_\_\_ but such as is common to man;  
but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation will also make  
\_\_\_\_\_, that ye may be able to bear it (I Corinthians 10:13).

*How does this process flow? It can begin with something as simple as a glance. Isn't this how it all started with David? Once the enticement entered his thinking by way of the eyes, he nursed his desire.*

And it came to pass, after the year was expired, at the time when \_\_\_\_\_  
\_\_\_\_\_, that David sent Joab, and his servants with him, and all Israel; and they  
destroyed the children of Ammon, and besieged Rabbah. \_\_\_\_\_  
\_\_\_\_\_. And it came to pass in an evening tide, that David  
\_\_\_\_\_, and walked  
upon the roof of the king's house: and from the roof, he saw a woman washing herself; and the woman was very beautiful  
to look upon (II Samuel 11:1-2).

*Once the image is set in your mind, you make a choice: Am I going to continue with this desire or not? As these thoughts tumble through your mind, you begin to fantasize, and then develop a great desire for the object.*

And David sent and \_\_\_\_\_ . And one said, is not this  
Bathsheba, the daughter, of Eliam, the wife of Uriah the Hittite? And David sent messengers, \_\_\_\_\_  
\_\_\_\_\_ ; and she came in unto him, \_\_\_\_\_  
\_\_\_\_\_ ; for she was purified from her uncleanness: and she returned unto her house. And the woman  
\_\_\_\_\_, and sent and told David, and said, I am with child (II Samuel 11:3-5).

*You see, sin doesn't happen immediately; it is the result of a process. This means that you have the ability to bring that momentum to halt at any time. Ask the Lord for the presence of mind to perceive these steps as they happen, so that you might put an end to the sinful progression before it's too late.*

**Today's Bible reading is II Samuel chapter 11.**

## New Life Christian Growth Series—Controlling The Mind

# \*\*\*\*\*Booklet #20 Test & Review (Pages 33-36)\*\*\*\*\*

**Instructions:** After you complete pages 7-32 of this Booklet, please answer the following questions to share what you have learned. When you are all done, please mail pages 33-36 ONLY, back to: Mountain State Ministries, P.O. Box 217, Springfield, WV 26763. When we receive it, we will review your answers and grade it (Pass or Fail).

**Today's Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**My Full Name:** \_\_\_\_\_

### This week's verse to memorize: Philippians 4:7

**And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.**

### Section #1: Multiple Choice

*Each question below is followed by three answers. Only one of the answers is correct. Read each question carefully; then, select the correct answer and circle it. Each of these questions are taken from Scripture and the lessons in this book.*

1. Let the wicked:  
(A) Be still  
(B) Be cautious  
(C) Forsake his way
2. Be not conformed:  
(A) To this world  
(B) To drugs  
(C) To your past
3. Be careful:  
(A) When praying  
(B) For nothing  
(C) In every area of life
4. Put off:  
(A) Doing wrong  
(B) The old man  
(C) All of your sins
5. I hate them:  
(A) That hate the Lord  
(B) That hate me  
(C) That hate my family
6. My God, will I seek thee:  
(A) At night.  
(B) Early  
(C) In church
7. Christ sitteth on:  
(A) The earth  
(B) The right hand of God  
(C) Beside me at all times
8. Jesus spake many things:  
(A) That were not true  
(B) That the Father told him to speak  
(C) In parables
9. We should be what kind of fruit:  
(A) First fruit of His creatures  
(B) Good fruit  
(C) Fruit of the vine
10. You should think on:  
(A) What you are going to do before you do it  
(B) Where you are going  
(C) Whatsoever things are true
11. Stand fast:  
(A) In the Lord  
(B) In the way that people see you  
(C) In what you want to do
12. The natural man receiveth:  
(A) Lots of time  
(B) Money  
(C) Not the things of the Spirit of God

**Today's Bible reading is Galatians chapter 5.**

New Life Christian Growth Series—Controlling The Mind

\*\*\*\*\*Booklet #20 Test & Review (Pages 33-36)\*\*\*\*\*

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This week's verse to memorize: Philippians 4:7

**And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.**

**Section #2: True or False**

*Each question below is followed by a blank. Read each question carefully. If the statement is true, write the word, "true" in the blank. If the statement is false, write the word "false" in the blank. Each of these questions are taken from Scripture and the lessons in this book.*

1. If ye then be risen with Christ, you should seek those things which are above. \_\_\_\_\_
2. Above all, take the shield of love. \_\_\_\_\_
3. Nothing is able to separate us from the love of God. \_\_\_\_\_
4. Walk in the Spirit, and ye shall fulfill the lust of the flesh. \_\_\_\_\_
5. Thou wilt keep him in perfect peace, whose mind is on God. \_\_\_\_\_
6. Good and faithful servants will make thee ruler over many things. \_\_\_\_\_
7. If ye then be risen with Christ, seek those things which are in the world. \_\_\_\_\_
8. He which hath begun a good work in you will perform it until the day of Jesus. \_\_\_\_\_
9. See that you maintain the old man with his deeds. \_\_\_\_\_
10. The peace of God will keep your hearts and minds through Christ Jesus. \_\_\_\_\_
11. You should rejoice in the Lord greatly. \_\_\_\_\_
12. Jesus said, "I will be with thee; I will not fail thee." \_\_\_\_\_
13. You should show forth the praises of Him, who hath called you out of darkness. \_\_\_\_\_
14. Submit yourselves to every ordinance of man for the Lord's sake. \_\_\_\_\_

**Today's Bible reading is I Peter chapter 2.**

New Life Christian Growth Series—Controlling The Mind

\*\*\*\*\*Booklet #20 Test & Review (Pages 33-36)\*\*\*\*\*

See Romans 12:2: We need to have our mind renewed by the power of the Holy Spirit. God says that we are changed and please God when our hearts are changed and our minds are renewed. Does it, therefore, please God if we do not conform to the world outwardly, while our hearts have never need changed and our minds have never been renewed? Which is most important to God: the outward appearance or the transforming of our minds by God’s Holy Spirit? \_\_\_\_\_

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How can we renew our minds? (See lesson 8). Is your mind being renewed? Explain. \_\_\_\_\_

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Are your mind and will surrendered to God? Will you live according to God’s word—no matter what others may say? Explain. \_\_\_\_\_

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Will you spend time every day reading the Bible and praying—learning God’s word, searching the Scriptures, and following Jesus? \_\_\_\_\_

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Read Psalm 139:23-24. Will you pray this as a prayer and seek to leave your sin? \_\_\_\_\_

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Do you know God’s love and forgiveness? Have your sins been forgiven? Have you been made a new creation in Jesus Christ? Explain. \_\_\_\_\_

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New Life Christian Growth Series—Controlling The Mind

\*\*\*\*\*Booklet #20 Test & Review (Pages 33-36)\*\*\*\*\*

The world around us is filled with sin, and yet we must live in this sin-filled world. How can we keep ourselves pure and pleasing to God? \_\_\_\_\_

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Which is more pleasing to God: outward conformity to rules or a heart that knows and loves Him? Explain. \_\_\_\_\_

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Do you have any comments or questions about what you have studied in this lesson or anything else? Is there any way that we can pray for you? \_\_\_\_\_

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If it is your desire to have this Bible lesson series sent to a family member and/or friend, please fill out the following:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Relation to you: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Relation to you: \_\_\_\_\_