

## OBTAINING A SOUND MIND

### Preparation

If we ever need to do something, normally one will prepare for it. Sometimes we need to physically prepare and other times we may need to prepare emotionally, spiritually, or mentally. In either instance, it is important to start off with preparation. Without it, in most cases, nothing will happen! Spiritually speaking, however, it is important to prepare your mind and heart. When you enter your church building, be mindful and aware of your surroundings, both physically and spiritually. When faced with a difficult situation regarding the demonic realm, prepare your mind and spirit for what you are about to face. You don't have to do it alone, because **God is with you** every step of the way. But you *do* have to take the first step of preparation.



### **Speak Positivity**

This step is very important. Often, in the middle of a situation or instance, things turn for the worst and we lose all hope. Unfortunately, because of the fall of mankind, we tend to go

downhill and think negatively very quickly rather than thinking positively. **HOWEVER**, because we believe in the Almighty true God, Yahweh, *He* gives us the ability to think and **SPEAK** out positivity! When faced with a troublesome situation, **THINK** before you speak ... speak out God's promises, and proclaim His good works for you. You will be surprised how you feel and how things may turn out just by the change of attitude. This brings us to our next step to obtaining a sound mind ...

## Take Every Thought Captive

Take every thought captive. Oh, how difficult this can often be! Being humans, we think SO much, go back and forth on our thought process, and perhaps think things we shouldn't! From the beginning of Creation, we were meant to think, speak, and live a **PERFECT** life. We wouldn't have to worry about obtaining a sound mind, and taking every thought captive. It would be in our very nature. But because of the sin that took place, we no longer have that opportunity. However, we have a King, Lord, and Savior, Yeshua the Messiah, who IS perfect, and we can surely follow after His example! We need to learn how to *think* before we speak. Not only to think but to **THINK** about our **THOUGHTS**! How silly does that sound! It's true; take control over those thoughts – whether good or bad – and decide whether they are thoughts coming from Yeshua or thoughts coming from the enemy. There are way too many ways that the enemy can get into our heads, and deceive us; even in just the slightest way. If we let it consume us, we slowly become devoted to the enemy rather than to our Creator.

*“Set your minds on what is above, not on what is on the earth.” Colossians 3:2*

*“For who has known the Lord's mind, that he may instruct Him? But we have the mind of Christ”. 1 Corinthians 2:16*

## Stand Firm

We must learn to stand firm on what we believe! We know that we are connected and devoted to our Heavenly Father, correct? So anytime those thoughts of failure or depression sneak in, cast them out in Yeshua's name, and speak *out loud* who you are, and to Whom you belong! *“Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God.” Romans 12:2* Do your best to stay in the will of God, acting out how He would act, speaking how He would speak, and thinking how He would think. Our goal should be to be in sync with His every move, but we first need to establish a firm foundation and know who we are.

## Obtain

Now that we have established these four steps, you should have gathered to have a sound mind. A sound mind does not just mean going into your closet and gaining some meditation time. It also does not mean just a prayer or two a day will keep your spiritual life okay. In my opinion, *obtaining* that sound mind is key to a healthy spiritual walk. Make it a mindful decision to *think* before you speak, and to take those thoughts captive. Speak out loud about God's promises and scripture. Be in tune and one with God, so He can be one with you. He wants your mind, heart,

and spirit to be at peace. He desires to grant you a gentle and calm spirit. He does not want you to experience pain, stress, and heartache. But sometimes that is the only way to lead you to Him. I pray that you all seek a healthy living and active mind. I pray you will be able to discern the enemy when he gets inside your head. May you feel the pull and tug on your heart to grow more and more spiritually, causing you to obtain a sound mind within the guidelines of His Spirit.

Jim Staley