

Free Your Mind

We are made in the image and likeness of almighty God. God is eternally existent in three persons: God the Father, God the Son and God the Holy Spirit. We exist in three parts as well. **We are spirits. We possess souls. We live in physical bodies.** Our souls are who we really are. **They consist of our minds, wills, emotions, intellects and imaginations.**

Colossians 3:2 (NASB)

2 Set your minds on the things that are above, not on the things that are on earth.

The Oxford Dictionary defines the mind as the element of a person that enables them to be aware of the world and their experiences, to think, and to feel; the faculty of consciousness and thought. If our brains were computers, our minds would be the processors. It is with the mind that we process what goes on in our lives. If our minds are wicked, not necessarily evil, but twisted and tied up with the wrong thought patterns, we will miss out on the life God intended for us. It is imperative that we find out what influences and affects our minds, so we can be free to experience the lives God wants us to have. With this in mind, let's examine: **Free Your Mind.**

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Romans 12:2 (NASB)

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

There are television shows where mechanics find and restore old classic cars. Often, when they find them, the cars look neglected and worthless. However, the mechanics and see what the current owners cannot. So, they make the investment, buy the parts and put in the sweat equity necessary to restore the cars. When there finished, they are usually more valuable than they ever were. We should take the same approach with our minds. Unfortunately, many times it takes us a while to shed some of the negative images and thought patterns we've picked up in life. To renew something

means to bring it back to its original state. All of us need to be renewed and restored to how we were before life got in there and stained our minds.

THE ONLY REASON WE GOT SO MESSED UP IN THE FIRST PLACE, IS BEAUSED WE DIDN'T KNOW THE VALUE WE ALREADY HAD.

1. A free mind is renewed often.

Isaiah 43:18-19 (NASB)

18 “Do not call to mind the former things, Or consider things of the past.

19 Behold, I am going to do something new, Now it will spring up; Will you not be aware of it? I will even make a roadway in the wilderness, Rivers in the desert.

When an elephant is young, they chain it to a stake in the ground. He tries his hardest. But, he can't break free. As he grows, they don't have to change the chain or the stake, because he remembers not being able to get free. So, he doesn't even try. The scripture says do not call to mind the former things. When I bring up the past, I'm calling it back to my mind. The New Living Translations instructs us to "Forget all that" or let go of what was in exchange for what is and will be. **The past cannot leave. So, you must leave it.**

2. A free mind refuses to be tormented by the past.

Philippians 2:5 (NKJV)

5 Let this mind be in you which was also in Christ Jesus,

When someone has been incarcerated or in a supervised facility for a long time, it's said they've become "institutionalized." In many ways they've allowed captors to determine how they think, act and respond. We must be careful not to allow what's been holding us to set our expectations for us. Instead, we should let the Holy Ghost give us a new set of directives, orders, mandates and expectations. **WE NEED TO GET A NEW GPS WITH AN ALTERNATE ROUTE. OUR OLD MAPS ARE OUTDATED.**

3. A free mind recognizes unhealthy patterns and secures a new map.

Philippians 4:8 (NLT)

8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Romans 10:17 (NASB)

17 So faith comes from hearing, and hearing by the word of Christ.

Here's a question we should all ask ourselves. **WHO AM I BELIEVING RIGHT NOW?** Here's the answer. **I'M BELIEVING THE PERSON WHOSE VOICE I HEAR THE MOST.** The quality of our decisions will be determined by the quality of the information we have when we make them. God gave us this: **"Your success or failure will be determined by who's voice you hear in your soul."**

4. A free mind receives instructions from the Holy Spirit.

John 8:31-32 (NASB)

31 So Jesus was saying to those Jews who had believed Him, "If you continue in My word, then you are truly My disciples;

32 and you will know the truth, and the truth will set you free."

Dr. Martin Luther King once said, **"NO ONE IS FREE, UNTIL WE'RE ALL FREE."** We are not truly free if we're ok with our brothers and sisters remaining in bondage. God allows us to break free from the chains of captivity, so we can go back and break others out. Whatever the bondage; spiritual, mental, emotional or financial when you get out, help someone else get out.

5. A free mind realizes the importance of others.

We are spirits. We possess souls. We live in physical bodies. Our souls are who we really are. They consist of our minds, wills, emotions, intellects and imaginations. Making sure our minds are free, helps to ensure that we live the lives God intended for us to have.