

A Sound Mind

- Is At Peace
- Sees Clearly
- Is Humble
- Is Pure
- Is Disciplined

The world thinks that Christians are **MENTALLY** weak, and **INTELLECTUALLY** deficient. But the Bible says, that the **VERY** opposite is **TRUE**.

- “For God hath **NOT** given us, the **SPIRIT** of fear; **BUT** of power, and of love, and of **A SOUND MIND**.” (2Tim.1:7)

“A Sound Mind” is God’s answer to losing our mind.

With God’s help, Christians can stand the strain of this life, without going to pieces.

- “For bodily exercise profiteth little: but **GODLINESS**, is **PROFITABLE** unto **ALL** things, having **PROMISE** of the **LIFE** that **NOW IS**, and of that which is **TO COME**.” (1Tim.4:8)

Consider with me, some elements of “A Sound Mind”, which will be the title of the lesson.

“A Sound Mind” is,

I. At Peace

- “Therefore being justified by **FAITH**, we have **PEACE** with God, **THROUGH** our Lord Jesus Christ.” (Rom.5:1)
- “And the **PEACE** of God, which **PASSETH** all understanding, shall **KEEP** your hearts and MINDS, through Christ Jesus.” (Phil.4:7)

A. IF TRUST is on, our SIDE, HELP is Available, from God's SIDE.

The Bible says that God will,

- “**KEEP** him in perfect PEACE, whose MIND is stayed on Thee: because he **TRUSTETH** in Thee.” (Isa.26:3)
- “Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us HOLD FAST our profession (or Confession of Faith; that is, keep our MIND stayed on Him with Trust).
¹⁵ For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.
¹⁶ Let us therefore **COME** boldly unto the **THRONE** of **Grace**, that we may **OBTAIN** Mercy, and **FIND** Grace to **HELP** in time of NEED.” (Heb.4:14-17)

“A Sound Mind” is at Peace,

B. ...But there must be a Mediator

- God, “will have all men to **Be** **SAVED**, and to **COME** unto the knowledge of the **Truth**.
⁵ For there is One God, and One MEDIATOR between God and men, the man Christ Jesus;
⁶ Who **GAVE** Himself a **RANSOM** for all,” (1Tim.2:4-6)

• “Blessed be the God and Father of our Lord Jesus Christ, Who hath **BLESSED** us, with **ALL** spiritual BLESSINGS, in heavenly places, **IN** Christ.” (Eph.1:3)

- “to the only wise God, **THROUGH** Jesus Christ, to Whom be the glory for ever. Amen.” (Rom.16:27 ASV)

He was prophesied as Prince of Peace.

- “For a **CHILD** will be **BORN** to us, a Son will be **GIVEN** to us; And the government will rest on His shoulders; And His **NAME** will be called Wonderful Counselor, Mighty God, Eternal Father, **Prince of PEACE**.” (Isa.9:6)
- “For **He is our PEACE**,” “that He might **RECONCILE** both unto God, **IN** one body, **BY** the cross” (Eph.2:14,16)

[1Pet.2:20-23](#) reads,

- "...**IF**, when ye **DO** well, and **SUFFER** for it, ye **TAKE** it patiently, this is **ACCEPTABLE** with God.
²¹ For even hereunto were ye called: because Christ also **SUFFERED** for us, leaving us an **EXAMPLE**, that ye should **FOLLOW** His steps:

²² Who did **NO** sin, **NEITHER** was guile found in His mouth:
²³ Who, **WHEN** He was reviled, reviled NOT again; **WHEN** He suffered, He threatened NOT; but **COMMITTED** Himself to Him that judgeth righteously:" (that's [1Pet.2:20-23](#))

...He did that by,

- **Trusting God the Father:** (Deut.32:4; Prov.3:5; Matt.4:10; 2Tim.1:12)
- **By Submitting:** (Job 1:21; Matt.6:10; Jas.4:7)
- **And by Obeying:** (Jn.14:21; Matt.17:5; Mk.16:16; 1Cor.15:58)
- **Which sets an Example for us to follow** (1Pet.2:21)

"A Sound Mind",

II. Sees Clearly

Esaias prophesied long ago, that because of UNbelief, for some...

- God "hath blinded their **EYES**, and hardened their **HEART**; that they should **NOT see** with their **EYES**, **NOR understand** with their **HEART**, and be **CONVERTED**, and I should **HEAL** them." ([Jn.12:40](#))
- Jesus said "Verily, verily, I say unto thee, **EXCEPT** a man be **BORN again** (or Anew), he cannot **SEE** the kingdom of God." ([Jn.3:3](#))"
- "**EXCEPT** a man be **born of WATER** and of the Spirit, he cannot **ENTER** into the kingdom of God." ([Jn.3:5](#))

To be "**Born ANEW**" or AGAIN ([Jn.3:3](#) - ASV), is to be "**born of WATER**" ([Jn.3:5](#)), which is water BAPTISM ([Rom.6:3-4](#)).

And **Baptism** brings about "**NEWNESS** of life" ([Rom.6:5](#)), which is the **SAME** as being "**Born ANEW**".

Baptism is how one gets **IN Christ** ([Gal.3:26-27](#)), and **IN Christ**, is where all spiritual blessings exist ([Eph.1:3](#)).

- "Therefore **IF** any man be **IN Christ**, he is a **NEW creature**: **OLD** things are passed away; behold, **ALL things** are become **NEW**." ([2Cor.5:17](#))

And so, the Bible admonishes,

- "be **NOT conformed** to this world: 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**." ([Rom.12:2](#))

A. So, Don't Let the World Squeeze You, Into its Mold.

A Danger of any age, is to be shaped to the world.

- The Bible warns, "Love **NOT** the world, **NEITHER** the things that are in the world. **IF** any man love the **WORLD**, the **LOVE** of the Father is **NOT** in him.

¹⁶ For all that is **IN THE WORLD**, the **LUST** of the flesh, and the **LUST** of the eyes, and the **PRIDE** of life, is **NOT** of the Father, **BUT** is of the world. ¹⁷ And the **WORLD** passeth away, and the lust thereof: but he that **DOETH** the will of God, abideth for ever." ([1Jn.2:15-17](#))

In this world, practically everything we See, Hear, and Read are **CONTRARY** to the principles of **God's Word**.

- The Bible says, "...the whole **WORLD** lieth in **WICKEDNESS**." ([1Jn.5:19](#))
- "**IF** sinners ENTICE thee, consent thou **NOT**." ([Prov.1:10](#))

“A Sound Mind”, Sees Clearly, So we should,

B. Renew Our Mind, by the Spirit-Filled Word of God.

Our Mind should always ask, What does God say?

- That is, “what saith the scripture?” ([Rom.4:3](#))

By inspiration, Paul said,

- “And now, brethren, I **COMMEND** you to God, and to the **WORD** of His Grace, which is able to **BUILD** you up, and to **GIVE** you an inheritance among all them, which are **Sanctified** (or among all them, which are christians).” ([Acts 20:32](#))

The Bible,

- “teach(es) us that, **DENYING** ungodliness and worldly lusts, we should **LIVE** soberly, righteously, and godly, in this present world;” ([Titus 2:12](#))
- “Wherefore **SEEING** we also are compassed about with so great a cloud of witnesses, let us **LAY ASIDE** every weight, and the sin which doth so easily beset us, and let us **RUN** with patience the **RACE** that is set before us,

2 LOOKING (or **SEEING**) unto Jesus the **AUTHOR** and **FINISHER** of our **FAITH**; Who for the **JOY** that was set before Him, **ENDURED** the cross, **DESPISING** the shame, and is **SET** down at the **RIGHT** hand of the **THRONE** of God.” ([Heb.12:1-2](#))

We should **FORBID** our thinking, philosophy, goals or purposes, to be **MOLDED**, by Wall Street, the media, government, or Hollywood.

Instead, we should be **MOLDED** by the Word of the Spirit.

- “we **ALL**, with open face (or unveiled face), **BEHOLDING** as in a glass, the **GLORY** of the Lord, are **CHANGED** (or Transformed) into the **SAME** image from glory to glory (or from one degree of glory to another), even as, **BY** the Spirit, **OF** the Lord.” ([2Cor.3:18](#))

“A Sound Mind”,

III. Is Humble

- “Let this **MIND** be in you, which was also in Christ Jesus:
⁶ Who, being in the form of God, thought it not robbery to be equal with God:
⁷ but made Himself of no reputation, and took upon Him the form of a servant, and was made in the likeness of men: ⁸ and being found in fashion as a man, He **HUMBLED** Himself, and became **OBEDIENT** unto death, even the death of the cross.” ([Phil.2:5-8](#))

The MIND that was in Christ Jesus, was Lowliness, Humility, and Obedience to the Father (even unto death).

A. Our Problem, Has always been Self and Pride.

- “**PRIDE** goeth, before **DESTRUCTION**, and an **HAUGHTY** spirit, before a **FALL**.” ([Prov.16:18](#))
- “A man’s **PRIDE**, shall bring him **LOW**: but **HONOUR**, shall uphold the **HUMBLE** in spirit.” ([Prov.29:23](#))
- “For **ALL** that is **IN** the world, the **LUST** of the flesh, and the **LUST** of the eyes, and the **PRIDE** of life, is **NOT** of the Father, **BUT** is of the world.” ([1Jn.2:16](#))

Self wants to be Noticed, be Prominent, and be Praised.

Notice these few examples of such.

- “Naaman was wroth, and went away, and said, Behold, **I THOUGHT**,” ([2Kngs.5:11](#))
- “The king spake, and said, Is not this great Babylon, that **I have built** for the house of the kingdom by the might of **MY power**, and for the honour of **MY majesty**?” ([Dan.4:30](#))
- “The Pharisee **stood and prayed thus WITH himself**,” (The Bible says in [Lk.18:11-12](#))

The church of the Laodiceans said,

- “**I am RICH**, and **INCREASED with goods**, and **have Need of NOTHING**,” (John write in [Rev.3:17a](#))

Now, notice these few examples of Advice and Warning.

The Laodiceans were told,

- “thou art wretched, and miserable, and poor, and blind, and naked:” ([Rev.3:17b](#))
- “Seest thou a man **Wise in his OWN conceit**? there is **MORE hope** of a **FOOL**, than of him.” (reads [Prov.26:12](#))
- “And **IF** any man **THINK** that he knoweth any thing, **he knoweth NOTHING**, yet as he ought to **KNOW**.” ([1Cor.8:2](#))

“A Sound Mind”, is Humble, so we should,

B. Realize, Where Our Salvation Comes From

- “Who can say, **I have made** my heart clean, I am pure from my sin?” ([Prov.20:9](#))

We need to realize, IF we are a christian, We **WERE SINNERS**; Saved by Grace.

- “For **BY Grace** are ye **SAVED through FAITH**; and that **NOT of yourselves**: it is the **GIFT of God**.” ([Eph.2:8](#))
- “**NOT** by works of righteousness which **WE have DONE**, **BUT according to His MERCY** He **SAVED us**, **BY the WASHING** (or Obedience of Baptism) of regeneration, and **RENEWING** (Rom.12:2) **of the Holy Spirit**.” ([Titus 3:5](#))

To God, belongs all the glory.

- “Let no man deceive himself. **If any man among you seemeth to be wise in this world**, let him become a fool, that he may be wise.

¹⁹ For **the WISDOM of this world is FOOLISHNESS with God**. For it is written, He taketh the wise in their own craftiness.

²⁰ And again, **The Lord KNOWETH the thoughts of the WISE**, that they are **VAIN**.

²¹ Therefore **let NO man glory in MEN**.” ([1Cor.3:18-21a](#))

- “Whether therefore ye eat, or drink, or **whatsoever ye DO**, **do ALL to the GLORY of God**.” ([1Cor.10:31](#))

“A Sound Mind”,

IV. Is Pure

- Peter said, “I stir up your **PURE MINDS**, by way of remembrance:” ([2Pet.3:1](#))

In the first century, they were warned to be pure, by Not being ashamed.

- “Whosoever therefore shall be ashamed of Me and of My Words in this adulterous and sinful generation; of him also, shall the Son of man be ashamed, when He cometh in the glory of His Father, with the holy angels.” ([Mk.8:38](#))

What would God say of **OUR** generation?

- Truly, “Righteousness **EXALTETH** a nation: but sin is a **REPROACH** to any people.” ([Prov.14:34](#))

“A Sound Mind”, is Pure, so we should,

A. Guard Our Minds

- “Where-witall shall a young man **CLEANSE** his way? by taking **HEED** thereto according to Thy WORD.

¹⁰ With my whole **HEART** have I **SOUGHT** thee:
O let me **NOT** wander from Thy commandments.

¹¹ Thy **WORD** have I hid in mine **HEART**,
that I might **NOT** sin **AGAINST** Thee.” (reads [Psa.119:9-11](#))

- “**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**, **THINK** on these things.” ([Phil.4:8](#))

²² **FOLLOW** righteousness, faith, love, peace,
with them that **CALL** on the Lord ([2Thess.2:14](#)), out of a PURE heart.” (reads [2Tim.2:20-22](#))

B. Do We Want God in Our life? Then We Should Have a Pure Mind!

- “**BLESSED** are the PURE in heart: for they shall **SEE** God.” ([Matt.5:8](#))
- “Draw **NIGH** to God, and He will draw **NIGH** to you.
CLEANSE your hands, ye sinners; and **PURIFY** your hearts, ye double minded.” ([Jas.4:8](#))

C. Do We Want a Pure Mind? Then, Feed it Purity!

- “This book of the law, shall not depart out of thy mouth;
but thou shalt **MEDITATE** therein day and night,
that thou mayest **Observe to DO** according to all that is WRITTEN therein:
for **THEN**, thou shalt **MAKE** thy way prosperous, and **THEN** thou shalt **HAVE** good success.” ([Josh.1:8](#))
- “**BLESSED** is the man that walketh **NOT** in the **COUNSEL** of the ungodly,
NOR standeth in the **WAY** of sinners, **NOR** sitteth in the **SEAT** of the scornful.
² But his DELIGHT is **IN** the law of the Lord; and **IN** His law, doth he **MEDITATE** day and night.” ([Psa.1:1-2](#))

“A Sound Mind”,

V. Is Disciplined

- “Wherefore **GIRD UP** the loins of your **MIND**, be **SOBER**, and **HOPE** to the end...” (1Pet.1:13a)

We need to cultivate a disciplined mind, to make it useful.

“A Sound Mind”, is Disciplined, we therefore should not,

A. Waste Time, with Useless Thoughts

- But rather, “redeeming the time, because the days are evil.” (Eph.5:16)

We should Train or Discipline, to study.

- [Prov.2:1-5](#) reads, “My son, **IF** thou wilt **RECEIVE** My Words, and **HIDE** My commandments with thee; ² so that thou **INCLINE** thine ear unto **WISDOM**, and **APPLY** thine heart to **UNDERSTANDING**;

³ yea, **IF** thou **CRIEST AFTER** knowledge, and **LIFTEST UP** thy **VOICE** for understanding;

⁴ **IF** thou **SEEKEST** her as silver, and **SEARCHEST** for her as for hid treasures;

⁵ **THEN** shalt thou **UNDERSTAND** the fear of the Lord, and **FIND** the knowledge of God.” (that’s [Prov.2:1-5](#))

- “**GIVING** all diligence, **ADD** to your **FAITH**...” (2Pet.1:5)
- “**SEEK** ye **OUT**, of the book of the Lord, and **READ**.” (Isa.34:16a)
- “Let the **Word** of Christ, **DWELL** in you richly, in all **WISDOM**.” (Col.3:16)
- “For this is the covenant that I will make with the house of Israel after those days, saith the Lord; I will put My laws into their **MIND**, and write them in their **HEARTS**: and I will **BE** to them a God, and they shall **BE** to Me a people.” (Heb.8:10)

We should, Hate evil, and Practice good.

- “Let **LOVE** be without dissimulation (or free of hypocrisy). **ABHOR** that which is evil; **CLEAVE** to that which is good.” (Rom.12:9)

We should, Think on the glorious goal.

- Paul said, “Brethren, I **COUNT** not myself to have **APPREHENDED**: but this **ONE** thing I **DO**, **FORGETTING** those things which are **BEHIND**, and **REACHING FORTH** unto those things which are **BEFORE**, ¹⁴ I **PRESS TOWARD** the mark, for the **PRIZE**, of the **HIGH** calling of God, **IN** Christ Jesus.” (Phil.3:13-14)
- “**RECEIVING** the end of your **FAITH**, even the **SALVATION** of your **SOULS**.” (1Pet.1:9)

VI. IN-CONCLUSION

We should leave confusion to those who have no adequate guide.

- “let us, who are of the day (that is, Christians), **BE SOBER**, **PUTTING ON** the breastplate of **FAITH** and **LOVE**; and for an helmet, the **HOPE** of **SALVATION**.

⁹ For God hath **NOT** appointed us to wrath, but to **OBTAIN SALVATION** by our Lord Jesus Christ,
¹⁰ Who **DIED** for us, that, whether we wake or sleep, we should **LIVE together WITH** Him.

¹¹ Wherefore **COMFORT** yourselves together, and **EDIFY** one another, ” ([1Thess.5:8-11](#))

- “For ye were sometimes darkness, but now are ye **LIGHT IN** the Lord: **WALK** as children of **LIGHT**:
⁹ (for the **FRUIT** of the Spirit, is **IN** all **GOODNESS** and **RIGHTEOUSNESS** and **TRUTH**;)” ([Eph.5:8-9](#))
- “see then that ye **WALK** circumspectly (or carefully), not as fools, but as **WISE**,” ([Eph.5:15](#))
- Christians, “are a **CHOSEN** people, a **ROYAL** priesthood, a **HOLY** nation, a **PEOPLE** for God’s own possession, so that you may **PROCLAIM** the excellencies of **Him**, Who has called you **OUT** of darkness **INTO** His marvelous **Light**;” ([1Pet.2:9](#))
- One poet wrote:

the Robin to the Sparrow, said,
“I should really like to **KNOW**,
Why these anxious, human beings
Rush about, and worry **SO**?”

the Sparrow to the Robin, said,
"Friend, I think it must **BE**
They have no Heavenly Father,
Such as cares, for you and **ME**."
---Elizabeth Cheney

So, **Obey**, out of a **SOUND** desire, to be made **WHOLE**.

- Christ “became the **AUTHOR** of eternal **SALVATION**, unto all them that **OBEY** Him;” ([Heb.5:9](#))

Then **SERVE** rationally, with **LIGHT** in the Mind, **LOVE** in the Heart, and **OBEDIENCE** in our Life.

- “**Seek** ye **FIRST** the kingdom of God, and **HIS** righteousness; and **ALL** these things shall be **ADDED** unto you.” ([Matt.6:33](#))

The Lost, should **FLEE**, from **MENTAL** stress, **NOW**.

- “**BUY** the **Truth**, and sell it **NOT**;” ([Prov.23:23](#))
- Jesus said, “**COME** unto Me, all ye that **LABOUR** and are heavy **LADEN**, and I will **GIVE** you **REST**.” ([Matt.11:28](#))
- “For God hath **NOT** given us, the **SPIRIT** of fear; **BUT** of power, and of love, and of **A SOUND MIND**.” ([2Tim.1:7](#))

If you have a spiritual need, Please **COME** as together, we stand and sing.

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