

Your Mental Game - Back to the Basics

What if a Strong Mind is Possible?

October 2, 2022

2 Timothy 1v1-10

1 Paul, an apostle of Christ Jesus by the will of God, in keeping with the promise of life that is in Christ Jesus,

2 To Timothy, my dear son:

Grace, mercy and peace from God the Father and Christ Jesus our Lord.

3 I thank God, whom I serve, as my ancestors did, with a clear conscience, as night and day I constantly remember you in my prayers. 4 Recalling your tears, I long to see you, so that I may be filled with joy. 5 I am reminded of your sincere faith, which first lived in your grandmother Lois and in your mother Eunice and, I am persuaded, now lives in you also.

6 For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. 7 For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. 8 So do not be ashamed of the testimony about our Lord or of me his prisoner. Rather, join with me in suffering for the gospel, by the power of God. 9 He has saved us and called us to a holy life—not because of anything we have done but because of his own purpose and grace. This grace was given us in Christ Jesus before the beginning of time, 10 but it has now been revealed through the appearing of our Savior, Christ Jesus, who has destroyed death and has brought life and immortality to light through the gospel.

Tools...

1. What if thinking isn't optional?

2. What if courage is a cardinal virtue?

3. What is the role of exercise? Nutrition?

4. What if a strong mind is possible?

"The gift of God is regarded as a fire capable of dying out through one's neglect."

"Rekindle"

How would you rate your mental toughness?

Aristotle, Ambrose of Milan, Augustine, Thomas Aquinas

The Spirit who empowered Abram and Sarai, Moses, Esther, David, etc...is in all followers of Jesus!

Why is Paul saying this to Timothy?

Power, Love and Self-Discipline

How do we "rely" and "rekindle"?

"The grace of God is unearned and unearnable, but if we ever expect to grow in grace we must pay the price of a consciously chosen course of action which involves both individual and group life. Spiritual growth is the purpose of the Disciplines." _ Richard J. Foster

"In short, the disciplines enable us to pay attention to our minds in order to pay attention to the Spirit who is speaking to us through that very medium. Jesus' mind, I suggest, reflects the most integrated prefrontal cortex of any human of any time." _ Curt Thompson, M.D.

1. For Paul, the power of God via the Holy Spirit is a real thing.

2. We bear responsibility in "relying" upon and "rekindling" said power.

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Book: Celebration of Discipline by Richard J. Foster; Anatomy of the Soul by Dr. Curt Thompson; Switch on Your Brain by Dr. Caroline Leaf

Songs: Island in the Sun (preview), The Solid Rock, Where Were You, Future/Past, Man of Sorrows, Constant

Looking to Connect?: One of the staff would love to meet for a walk, on the phone, or for a beverage. To schedule a time please visit our website and click on the "Meet with Staff" button on the home page.