



MIND & EMOTIONS WORKSHOP

April 2024



PA BIBLE
TEACHING FELLOWSHIP

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The Mind

- The Design of the Mind (made for God)
- The Natural Mind (turned from God)
- The New Mind (by the Spirit of God)

The Design of the Mind (made for God)

Genesis 1:26 ESV - 26 Then God said, "Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth."

- Created as thinking and feeling creatures.
- Made for reasoning, processing, dominion, and ruling.
- Humans were God's partners and rulers in the world, to image forth God's likeness in their doings.
 - Their mind was designed by God to do this in comparison to the rest of creation (i.e. birds, livestock, etc....)

Romans 2:14-15 ESV - 14 For when Gentiles, who do not have the law, by nature do what the law requires, they are a law to themselves, even though they do not have the law. 15 They show that the work of the law is written on their hearts, while their conscience also bears witness, and their conflicting thoughts accuse or even excuse them

- God as our Maker has imprinted his law/principles of good and evil on all people.
 - **Matthew 22:37 Jesus said unto him, thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.**
 - The original design for man's mind to love God with all of it!

The Original Purpose of Man's mind was to *find God*:

Acts 17:24-27 ESV - 24 The God who made the world and everything in it, being Lord of heaven and earth, does not live in temples made by man, 25 nor is he served by human hands, as though he needed anything, since he himself gives to all mankind life and breath and everything. 26 And he made from one man every nation of mankind to live on all the face of the earth, having determined allotted periods and the boundaries of their dwelling place, 27 that they should seek God, and perhaps feel their way toward him and find him. Yet he is actually not far from each one of us,

Ecclesiastes 12:12-13 ESV - 12 My son, beware of anything beyond these. Of making many books there is no end, and much study is a weariness of the flesh. 13 The end of the matter; all has been heard. Fear God and keep his commandments, for this is the whole duty of man.

The Natural Mind (turned from God)

Romans 1:20-23, 28 ESV - 20 For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse. 21 For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened. 22 Claiming to be wise, they became fools, 23 and exchanged the glory of the immortal God for images resembling mortal man and birds and animals and creeping things. ... 28 And since they did not see fit to acknowledge God, God gave them up to a debased mind to do what ought not to be done.

- God has clearly expressed his eternal power and divine nature through creation.
- Yet, when man *knew God* (in the mind and thoughts) they did not see it fit to keep him their thinking and acknowledgement.
- This made their minds and thinking to be *futile* (useless) and *debased* (without honor, unfit) without the acknowledgment and worship of God, which was it's original purpose.
- Part of God's wrath against humanity is that he "gave them up" to this debased mind- and allowed them, as autonomous thinking/feeling creatures to use their creaturely characteristics for their own creaturely pursuits rather than their divine design.

Sin and a Corrupt world from Satan:

Ephesians 2:1-3 ESV - 1 And you were dead in the trespasses and sins 2 in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience-- 3 among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind.

- Not only is man subject to the effect and corruption of sin, but humanity also lives in an environment that is ruled by the spiritual darkness and is under the authority of darkness.
- As those in the world, under the authority of darkness, we then only lived according to the sinful passions of our flesh: to carry out the desires of both the body and the mind.
- These are the devastating effects that sin and spiritual darkness have on the mind.
- The effects of the authority of darkness and sin are so profound, that at some level, the body itself must be made new.
 - **Philippians 3:21- who shall change our vile body, that it may be fashioned like unto his glorious body, according to the working whereby he is able even to subdue all things unto himself.**

Ephesians 4:17-20 ESV - 17 Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. 18 They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. 19 They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. 20 But that is not the way you learned Christ!—

- Because of sin, corruption, and the deceptions of this world- the mind of man has become futile for it's original purpose because they do not have the life of God.
- What is the solution? Christ! (verse 20)

The New Mind (by the Spirit, the Mind of Christ)

A Sound Mind

2Ti 1:7-10 KJV –

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

8 Be not thou therefore ashamed of the testimony of our Lord, nor of me his prisoner: but be thou partaker of the afflictions of the gospel according to the power of God;

9 Who hath saved us, and called [us] with an holy calling, not according to our works, but according to his own purpose and grace, which was given us in Christ Jesus before the world began,

10 But is now made manifest by the appearing of our Savior Jesus Christ, who hath abolished death, and hath brought life and immortality to light through the gospel:

- This power, love, and sound mind are connected with the truth of the gospel.
- Without this gospel, the mind of man is simply left to its own diligence, abilities, and power.
 - But by the power of the gospel and new life in Christ, the mind of man can be fundamentally changed to *soundness*.

Spiritual Life Gives us a New Mind (a new way to think)-

1 Corinthians 2:10-12, 16 ESV - 10 these things God has revealed to us through the Spirit. For the Spirit searches everything, even the depths of God. 11 For who knows a person's thoughts except the spirit of that person, which is in him? So also no one comprehends the thoughts of God except the Spirit of God. 12 Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God. ... 16 "For who has understood the mind of the Lord so as to instruct him?" But we have the mind of Christ.

- We can understand the things of God and experience the life of God because we have the “mind of Christ” by the Spirit.
 - “The mind” is “all the faculties of perceiving and understanding and those of feeling, judging, determining.”

Romans 8:5-8 ESV - 5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. 6 For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. 7 For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. 8 Those who are in the flesh cannot please God.

Romans 8:14 ESV - 14 For all who are led by the Spirit of God are sons of God.

- Two ways to think:
 - The thinking that emanates from the flesh
 - The thinking the emanates from the Spririt of God.

- Being led by the Spirit of God includes our transformed thinking processes.

We choose to change our thoughts, but God does the transforming:

Romans 12:1-3 ESV - 1 I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. 2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. 3 For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned.

- The renewing of the mind- this is a *changing or renovation* of the mind (what is perceived, understood, and judged) to make it according to the measure of faith God has given us (the gospel).
- ! “be you transformed” (passive voice).
 - We *cannot* change our own fleshly thinking by more fleshly thinking, it is the power of God, by the Spirit, according to the truth, that will *transform our lives* as our minds are renovated to his will.
 - Jesus taught that the Helper Spirit will “lead you into all truth.”

Thoughts on things above

The Bible describes God Himself as the ultimate, fair, righteous judge (**Gen 18:25; 1 Pet. 2:23; 2 Tim. 4:8; Heb. 9:27; 12:23**), who will critically evaluate and recompense all works (**Eccl. 11:9; 12:14; Rom. 2:6; 2 Tim. 4:1; 1 Pet. 1:17**), even judging hidden things (**1 Cor. 4:4–5; 2 Cor. 4:2**), and who will preside at a final judgment (**Ps. 1:5; John 5:29; Acts 10:42; 17:31; Rom. 2:16; 3:6; Heb. 10:30; 1 John 4:17**).

The Bible is God's standard of our thinking – it is the source of truth for everything we do and think, and reorients us back to truth when our thinking isn't in alignment with it.

What is the standard of thinking?

Hebrews 4:12 ESV

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

- God's word is not only the standard for our thinking, but also the judge of the true intentions of our heart (what we think).
- This obliterates any ideas of relativism and subjectivism as it relates to our thinking and conduct – “my truth” – and brings accountability to all humans.

Colossians 3:1-2

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth.

- Importance of focusing on spiritual values over worldly concerns. This standard challenges common cultural and personal thought patterns.
- Our thinking will either tether us to the temporal or connect us to the eternal.

Worthy thoughts

The Bible points us away from excessive introspection and subjectivism and says, “Send your thinking again and again to truth and to Christ.

- **Philippians 2** - look on interests of others, just like Christ
- **Philippians 3** - look up to heaven, where Christ reigns
- **Philippians 4** - look on the good things around you, the things that are aligned to Christ

Philippians 2:3-5 ESV

Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which is yours in Christ Jesus,

Philippians 3:19-20 ESV

Their end is destruction, their god is their belly, and they glory in their shame, with minds set on earthly things. But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ,

Philippians 4:8

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Choosing what you think

- We are called to actively choose their thoughts rather than being passive recipients of them.
- We are called to choose truth, prepare our minds, take thoughts captive, make decisions that are in alignment with God's truth – "No one can serve two masters," reminds us that what happens in our minds is a battleground for choices.
 - Reminder: we have a new, spiritual mind through Christ – the ability to be restored, renewed, refreshed, and reminded of truth through the Scriptures and by the spirit.

2 Corinthians 10:5 ESV

"We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ"

1 Peter 1:13 ESV

Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.

Emotions

- God designed humans with emotions! We are feeling and thinking creatures.
 - This is part of knowing and responding to him properly- we *feel it*.
- He designed our emotions to be a gauge, not the guide:
 - They're meant to report to us, not to dictate to us.
 - The pattern of your emotions can give you a reading or a gauge of what is important to you because they are wired into what you value, and how much you value it.

Proverbs 14:13 ESV - 13 Even in laughter the heart may ache, and the end of joy may be grief.

- Emotions are godly and wonderful when they are in line with the truth of God's and the Spirit of God.
 - Much of what we see Jesus do is feel appropriately.
 - We want our emotions to flow in harmony with the truth from God.

The Effect of Emotions

Proverbs 19:21 ESV - 21 Many are the plans in the mind of a man, but it is the purpose of the LORD that will stand.

Tend to Your Emotions

Proverbs 15:13 ESV - 13 A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed.

Self-control and Emotional Accountability

Proverbs 25:28 ESV - 28 A man without self-control is like a city broken into and left without walls.

Proverbs 16:32 ESV - 32 Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

- **3 things to consider with emotional accountability:**
 - Do you have proper cause or reason for this emotion?
 - Is the length of time you display that emotion appropriate?
 - Is it an appropriate amount of intensity?
 - (does anger go to rage, does sadness go to inconsolable grief? Is it excessive? Etc.)
- Ultimately, again we want our emotions to flow in *harmony* with the working of God...
 - We want to *feel appropriately* with the heart of God... grieve as we should, joy as we should, anger as we should, love as we should, etc....

SUMMARY:

- God *divinely designed* us to have emotions. They are an excellent and necessary part of the human experience in relating to God.
- But emotions were not designed to be the ultimate *guide*, but they are a useful gauge.
 - We want our emotions to flow in harmony with the ways of God.
 - We see this in Jesus an example of *how* to feel appropriately, how to have our feelings match our faith.
- The Holy Spirit and the Word of God help us to control our emotions when unhelpful, but also to experience the feels that help us to experience God.
- We need to *tend* to our emotions as they are a vital and important part of our humanity.
- We will be blessed and our emotions profitable when we are self-controlled and rule our own spirit.

Anxiety & Fear

Anxieties and mental pressures- sorrows and troubles.... these are all things that are *common* to man. **This is a question not of if, but when they will happen.**

It is not abnormal to have troubles, to have overwhelming sorrow, or to face anxieties...but that even our lord Jesus Christ dealt with these very same things, to the greatest extent imaginable.

- It is a given that we will have mental pressures - it's about how we deal with them.

Looking to Jesus, our high priest

- Jesus - man of sorrows
 - These are the words that describe Jesus:
 - tempted in every way;
 - feeling of infirmities;
 - sufferings;
 - man of sorrows/pains;
 - troubled/inward commotion;
 - agony;
 - sorrowful;
 - very heavy;
 - exceedingly sorrowful, even to death.
- Tears, anger, compassion, sorrow = Jesus did not hide His emotions; instead, He brought them before God in prayer, seeking strength and solace.

Hebrews 4:15-16 ESV

For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

- In Jesus we see a merciful and faithful high priest who empathizes with our human experience – he knows our plight, he has walked in our sandals, he understands the challenges of temptations and trials. He gets us.
 - This means he is able to share in the feelings of our feebleness/infirmity because HE experienced the same things. He felt and suffered in like manner as we have.
 - He also showed us the path of obedience and courage in choosing God – not only can he empathize with us, he leads us down the path of righteousness.
- And now through him we have access to the throne of grace that gives us help in our time of need.
 - To “whom” do we go?
 - What have we experienced that our Lord does not know, understand, or have experienced?

1 Corinthians 10:13 ESV

13 No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

- Anxiety and fear dominate our lives when we feel as though we are unique/alone – “I’m the only one going through this...”
- “Common to man” – helps us remember that we are alongside our brothers and sisters in these trials and temptations.
- Reminder: spiritual oppression is actively against God, his kingdom, and his people. Let’s not be ignorant of our enemy who is not haphazard with his deceptive attacks in the spiritual realm against our lives.

Matthew 11:28-30 ESV

28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light."

- Experiencing God’s peace – this is the only place that we find true rest for our souls, comfort for our grieving hearts, peace in our minds from anxious thoughts, and a “shalom” in all parts of our life that only comes from Christ.

Summary:

- Anxiety & fear will happen – a matter of what we do when these thoughts come.
- The words that describe Jesus describe one who experienced what it meant to be human, in every respect tempted yet without sin.
- Because he empathizes with us, we know we aren’t alone in the anxieties and fears – and that Jesus Christ has made a way to God’s throne of grace so we can bring all of our fears to him.
- “Common to man” temptations reminds us that no one is unique in our sufferings – the same thing is happening across our brothers & sisters each day.
- Peace, rest, comfort for our troubled minds only comes by looking the Christ, the cross, and his finished work.

Portrait of Everyday Emotions in Psalms

1. Delight: “His *delight* is in the law of the Lord” ([Psalms 1:2](#)).
 2. Fear: “Serve the Lord with *fear*” ([Psalms 2:11](#)).
 3. Anger: “Be *angry*, and do not sin” ([Psalms 4:4](#)).
 4. Joy: “You have put more *joy* in my heart than they have when their grain and wine abound” ([Psalms 4:7](#)).
 5. Peace: “In *peace* I will both lie down and sleep” ([Psalms 4:8](#)).
 6. Grief: “My eye wastes away because of *grief*” ([Psalms 6:7](#)).
 7. Gladness: “I will be *glad* and exult in you” ([Psalms 9:2](#)).
 8. Love: “I *love* you, O Lord, my strength” ([Psalms 18:1](#)).
 9. Exultation: “In your salvation how greatly he *exults*” ([Psalms 21:1](#)).
 10. Loneliness: “I am *lonely* and afflicted” ([Psalms 25:16](#)).
 11. Confidence: “Though war arise against me, yet I will be *confident*” ([Psalms 27:3](#)).
 12. Sorrow: “My life is spent with *sorrow*” ([Psalms 31:10](#)).
 13. Hope: “Let your steadfast love, O Lord, be upon us, even as we *hope* in you” ([Psalms 33:22](#)).
 14. Awe: “Let all the inhabitants of the world stand in *awe* of him” ([Psalms 33:8](#)).
 15. Brokenheartedness: “The Lord is near to the *brokenhearted* and saves the crushed in spirit” ([Psalms 34:18](#)).
 16. Gratitude: “I will *thank* you in the great congregation” ([Psalms 35:18](#)).
 17. Regret: “I am *sorry* for my sin” ([Psalms 38:18](#)).
 18. Discouragement and turmoil: “Why are you *cast down*, O my soul, and why are you in *turmoil* within me” ([Psalms 42:5](#))?
 19. Shame: “*Shame* has covered my face” ([Psalms 44:15](#)).
 20. Contrition: “A broken and *contrite* heart, O God, you will not despise” ([Psalms 51:17](#)).
 21. Zeal: “*Zeal* for your house has consumed me” ([Psalms 69:9](#)).
 22. Pain: “I am afflicted and in *pain*” ([Psalms 69:29](#)).
 23. Marveling: “This is the Lord’s doing; it is *marvelous* in our eyes” ([Psalms 118:23](#)).
- Perhaps more than any other book of the Bible, Psalms weaves a rich tapestry of what the human experience is – the amazing array of emotions that we face in life.
 - What does everyday life look like for one who fears God? There are songs of praise and lament, imprecatory songs, individual and communal psalm, wisdom psalms, and pilgrimage psalms.
 - Why does God show us this? To illustrate not only **what** we feel as humans, but **how to process** these emotions.
 - All of these psalms point back to the central theme that humans are to bring all of their thoughts, emotions, life events, challenges, heartaches, and praises and **bring them to God’s throne in earnest reverence**.
- 1) We are not alone in life’s ups and downs
 - 2) We are to bring all of our emotions to God – bring them to him, and bring him into them.
 - 3) Our emotions need to be confronted with the truth

Biblical Wisdom for Healthy Thinking & Emotional Well-Being

- 1) Being honest in prayer
- 2) Importance of Christian community & fellowship
- 3) The impact of sin and its weights on our heart
- 4) Daily habits of heart, soul, and mind

Honesty in Prayer

Psalm 139:1-24 ESV

To the choirmaster. A Psalm of David. O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways. Even before a word is on my tongue, behold, O Lord, you know it altogether.

Psalm 62:8 ESV

Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.

- Our lives are open before our God – he sees and knows all. Prayer is not a time for us to impress him with our emotional stoicism or our to put on a brave face for him. Pour out your hearts before him – He is a refuge for us.

Importance of Christian community/fellowship

Romans 12:15 ESV

Rejoice with those who rejoice, weep with those who weep.

- “Life together” means sharing the ups and downs of life in close fellowship with each other – that includes sharing in the joys and sorrows we experience. God intended for us to be a close-knit family unified in Christ and to walk through these emotions together in alignment with his design.

Matthew 18:20 ESV

“...For where two or three are gathered in my name, there am I among them.”

- We can have an expectation that God is at work through His son Jesus Christ when Christians gather together to minister to each other by the spirit.

Proverbs 18:1

Whoever isolates himself seeks his own desire; he breaks out against all sound judgment.

- One tendency of human nature is to isolate when faced with various pressures, trials, temptations, and worries.
- We fear we will be a burden to others, that no one will understand what we’re going through, that it’s up to us to pull ourselves out of the situation on our own.

The weight of sin and burdens

1 John 1:6, 8, 10

6 If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. ... 8 If we say we have no sin, we deceive ourselves, and the truth is not in us. ... 10 If we say we have not sinned, we make him a liar, and his word is not in us.

Hebrews 12:1a

let us also lay aside every weight, and sin which clings so closely

- This weight of sin affects not only our relationship with God but also our mental and emotional well-being.
- The impacts and effects of sin are not always seen in the physical realm, but their impact on our hearts and minds (spiritual) cannot be discounted.

Habits of the heart, soul, and mind

1 Timothy 4:7b-8 ESV

“...rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.”

- The daily habits of our lives can profoundly shape our thinking patterns – and we are called to love God with all of our hearts, souls, and minds.
- To what priority do I give?
 - Bible reading
 - Prayer
 - Fellowship with the saints
 - Rest & reflection time
 - Fasting
 - Serving/helping others

Questions we get asked often

- 1) Is anxiety a sin?
- 2) How can Christian counseling help with mental health issues?
- 3) What is the difference between therapy and Christian counseling?
- 4) What role does the Holy Spirit play in renewing the mind?
- 5) How should Christians view mindfulness and meditation?
- 6) I am prone to over-thinking. How should I approach this Biblically?