

Your Mindset Can Control You

When your spiritual life isn't working out the way you thought because you're in the 'wilderness' or going through 'the process' of reprogramming and redevelopment, there's a tendency to 'drop your bundle'. When you feel you can't measure up to the teaching you're presented with, there's a tendency to lose hope. When the Spirit hasn't told you what to say, or do or where to go, there can be a tendency to get depressed. Why is this?

What's happening is our mind and emotions are controlling you, not your spirit. We've been taught to bring our 'flesh' under control and not to sin, but as we focus on these actions (as religion teaches us) we miss dealing with something else – our attitudes. We don't realise that our attitudes rule our lives through our emotions. Even though success in the life of a believer may be outlined in the NT, until our spirit controls our being in concert with Holy Spirit and we have properly managed our mind, soul, attitudes (heart) and will, that success won't be achieved.

A recent scientific study¹ has been reported² showing that a person's mindset (i.e. their mental attitude towards things in their life) has a highly significant bearing on their well-being and demeanour. (Watch this insightful video: "[Change your mindset, change the game](#)" | Dr. Alia Crum)³

What you set your mind on determines your emotional state

A negative mindset is why: workers hang out in the pub; women shop excessively; drugs are attractive; Mills & Boon novels are consumed; and some can't face the day until they've had a cup of coffee.

This understanding is significant. It demonstrates that believers – every believer – can self-help themselves when they are feeling 'flat' by changing their mindset (their attitudes).

Instead of focussing on the problems and issues of living as a believer, you can focus on other things and allow the Lord to deal with the things that are problematic. Here are 3 things to focus on:

1. Father's love, favour and blessings towards you
2. The pleasure our Beloved King has in you
3. Being thankful

Heart desires take
time to manifest

If these don't work, **don't** 'gee yourself up' quoting scripture. That will become a religious mantra which takes you away from the reality of life in the Kingdom.

Instead, **LIVE LIFE**. Find the righteous joy of life – life's not evil. We were created for life, so live it for all it's worth, for our King. Get involved in life and allow your mind to move from the issues to the joy of being a son in Father's realm.

This may sound like a facade or a cover-up which we are determined not to operate in, but there is a need to pep ourselves up – jolt ourselves out of our moods. This isn't fake, it's dealing with our mindsets.

Here's some hints to help you realign your mindset (attitudes):

- Take your focus off the difficulties of your life.
- Take your focus off your problems.
- Take your focus off yourself.
- Focus on the King and the Kingdom

We were created for life

1 – www.ncbi.nlm.nih.gov/pubmed/17666008

2 – www.abc.net.au/news/health/2017-07-19/change-your-mindset-to-change-your-life/8719546

3 – www.youtube.com/watch?v=0tqq66zwa7g

- Concentrate on others and do good.
- Engage in what is righteous.
- Operate in faith and trust in the Lord.
- Keep your Kingdom assignment(s) in the forefront of your thinking during the day.
- Love the Lord with all your being and desire deeper intimacy with him as you linger with him.
- Think of him on and off all day long, not just in your 'special' time with him.
- Focus on being, not doing.
- Enjoy all the members of the Trinity and allow them to enjoy you.
- Impact people and society with the Kingdom.
- Live life with joy, making our Beloved your source of all your needs.
- Develop your pleasure in his presence and his love.
- Be vital and vibrant, not negative and self-centred.
- Be content with your circumstances and satisfied with your lot in life.
- Remind yourself it's about freedom and liberty, not religion and legalism.
- Don't live up to the spiritual expectations of others, only the standard the King personally sets.
- Live a repentant lifestyle.
- Impact others with agapē, kindness and the Kingdom.
- Allow Father to draw you and train you.
- Love him. Listen to him. Obey him.
- Wait for him, rest in him.
- Monitor your peace.
- Allow no condemnation.
- Allow no mental accusations.
- Entertain no regrets.
- Entertain no disappointments.
- Allow no fear of any kind.
- Push past all negativity.
- Quash all depressive thoughts.
- Forgive yourself when you falter.
- Don't focus on the enemy.



Why not begin smiling as a starting point for your release.

Jesus told his disciples that they weren't servants, but friends. Friendship with God is what he's after, not menial servitude. Why not concentrate on being God's friend to get your focus off yourself.⁴

>>THESE ARE TEMPORARY STRATEGIES ONLY<<

Our responsibility in the Kingdom is to push through anything that hinders us from advancing in the Kingdom. Our enemy will use many tactics – including our mindset – to distract us and sideline us from our Kingdom focus. We must not allow this to happen.

If your attitude, feelings, emotions, etc., dampen your resolve to carry out your role as a son, then the existing mindset needs to be altered to a safer mode. This is done by **setting your mind** on something more positive so that you can ride through the circumstances of life until you come out later in the vitality of Kingdom living.

Throw yourself into life. Fully engage in your Kingdom assignment and tasks every day, Reminding yourself daily that it's all about HIM, not about you.

4 – Try this teaching series: “Our Journey to Friendship” (Terry Bennett) [terrybennett.net/sermons/our-journey-to-friendship]

From another perspective, the NT gives us some hints about our mindset which are of value to us:

1. **Set your mind** and keep focused *habitually* on the things above [the heavenly things], not on things that are on the earth [which have only temporal value].⁵
2. Don't **set your mind** on high things⁶, but associate with the humble^{7, 8}

The points I've listed above are a way of achieving this for those who are stuck in a melancholy or stressful state of mind concerning their spiritual growth and development. Of course, the Kingdom way is to lean into Father as a perfect, loving daddy and ride out the period until he releases you on the other side of it.

God must become our supply, our all-in-all, until then, we must develop strategies to survive so we don't give up or spend years in the 'wilderness'.

Sometimes dryness and frustration comes because we're not focussed or committed to the desire Father has placed in our hearts. Fear of stepping out, or complacency to begin, can leave us cold and unfulfilled. Why not check yourself and see if the barrenness you feel that's causing you to be gloomy isn't because you're resisting the very desire you've been given that will unleash the life you're wanting.

I believe all that I've shared here will help you through such times.

IMPORTANT: The enemy will work on your mind causing you to see as restrictive and wrong, anything that stifles being yourself and doing what you personally want to do. This is a ploy that you must reject. There's enough information in the Bible to show you that we are to align ourselves with Jesus' character and the life he wants us to have – to be Father's sons, to be like him. This is our highest aim, not self-satisfaction.

VITAL: Learn to drink from the living water. Learn to move into the presence of the Lord any where, any time. These 2 are essential ways to refocus yourself when things aren't going well.

NOTE: Depressive believers are unable to attract others to the Kingdom because they don't demonstrate the abundant, wonderful life that the Kingdom has for everyone.

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5 – Colossians 3:2 (AMP)

6 – What's haughty, conceited, self-important, or exclusive

7 – Those with a realistic self-view

8 – Romans 12:16 (NKJV)