

Day 1: "The Mind of Christ & Ours"

Read Philippians 2:5

What does the word "let" mean?

What are we supposed to allow?

What kind of thoughts does Christ have in His mind?

Read Philippians 2:6

Read Romans 8:17. What does it mean to be a joint-heir with Christ?

Salvation gives you a new position in Christ; we now sit in heavenly places in Christ. It frees you from the penalty of sin and the power of sin. We will not be fully free from the presence of sin until we are in Heaven. Here on earth we can have complete victory over our thoughts but it comes from a place of full surrender to Christ. There are 2 parts to fully surrendering to Christ: 1. We give God our life and as it applies to anxiety, we give Him our mind and thoughts but it does not stop there. 2. The next step is to take His mind with its thoughts in exchange for ours.

Read Philippians 2:7

What form did Jesus take on this earth?

What is the job of a servant?

Did you answer, "To serve?" Most people do but that is not quite correct. If the job of a servant was to serve they would have no value if and when they are no longer able to serve. Rather, the job of a servant is to obey. We can always obey God no matter what stage of life we are in. The mind of Christ will cause us to have the correct view of our self. This includes the idea that we are a servant. So often we strive for autonomy and dominance yet God sees us as a servant.

Read Philippians 2:8

What two steps did Jesus take when he had the correct view of himself?

What does it mean to humble yourself?

What does it mean to become obedient unto death?

Jesus gave us an example to follow. He submitted to the Father. In Matthew 26:36-46 we find the account of Jesus praying in the Garden of Gethsemane. Read verse 39. What did Jesus want God the Father to do?

What does that mean?

Full submission to Christ and exchange of His thoughts for mine is the way to have victory.

Day 2: "Casting Down & Captivity"

Read 2 Corinthians 10:1

What does the word beseech mean?

What two characteristics in Christ was Paul using to motivate them?

What two contradictory character traits did Paul have?

How can someone be both humble and bold?

Can you think of some instances when Jesus showed humbleness and boldness?

Read 2 Corinthians 10:2

Here Paul is saying some, not all, of the Corinthian church members had accused him of being bold because he was walking in the flesh. They did not understand that you can be both bold and base (humble) at the same time. What would that look?

Read 2 Corinthians 10:3-4

Paul was acknowledging in this passage that he was a human when he said he walked in the flesh but he understood his weapons were not carnal but were spiritual and suited for spiritual warfare. Ephesians 6 gives a list of spiritual weapons used. The Corinthian Christians tended to rely on carnal weapons for spiritual battle:

- Instead of the belt of truth, they fought with manipulation.
- Instead of the breastplate of righteousness, they fought with the image of success.
- Instead of the shoes of the Gospel, they fought with smooth words.
- Instead of the shield of faith, they fought with the perception of power.
- Instead of the helmet of salvation, they fought with lording over authority.
- Instead of the sword of the Spirit, they fought with human schemes and programs.

We must remember that our spiritual weapons are scoffed at by the world but they are feared in the demonic world.

Read 2 Corinthians 10:5-6

The result of exchanging our mind for Christ's is that He casts down the thoughts that are contrary to His. What thoughts do you have that are not in line with the truths of Scripture?

Carnal and worldly ways of thinking want to debate God and His Word, saying they have a better way. Carnal, worldly minds think they know more than God does. What does it mean to bring into captivity every thought to the obedience of Christ?

When you exchange your mind for Christ's mind, you are not only giving Christ your thoughts, but you are taking His thoughts in exchange. The only way you get your thoughts back is to willingly take them back. Christ is strong enough to keep your worldly, carnal thoughts.

Day 3: "Prayer and Peace"

Read Philippians 4:4

Who or What does this passage say we are to rejoice in?

What are the pros and cons of finding our joy in circumstances, people, and things?

God is eternal and immutable, meaning He is unchanging for all eternity. What impact does that have when we find our joy in Him?

Read Philippians 4:5

The word moderation here denotes the heart of a person who lets the Lord fight their battles. Romans 12:19 instructs us that vengeance belongs to the Lord. 1 Peter 2:23 invites us to fully surrender to God's care and leadership. What does a heart fully surrendered to the Lord look like?

The last part of that verse says, "The Lord is at hand." How would your thought life change if you lived by this principle that God is always near you to help and guide you?

Read Philippians 4:6

That phrase "be careful for nothing" means to not worry. There is a replacement principle in this verse. What 3 actions are we to replace worry with?

Read Philippians 4:7

When we replace worry with prayer, supplication, and thanksgiving what does God say He will give us?

Read Philippians 4:8

From the study on day 1 we see that when we surrender to exchange our life for Christ's life we get his mind. This verse tells us what to think about. That is only made possible because those are Christ's thoughts. We must fully surrender to allowing or "letting" Christ's thoughts be our thoughts. If someone were to tell you to stop thinking about a white elephant with a purple cat on its back, what would you think about? Of course! The smooth white elephant with the fluffy purple cat sitting on its back! We can no more stop our thoughts in our own effort apart from God's resources! To do so, would be to get glory for ourself! Instead God designed the Christian life to bring maximum glory to Him in resting in His power and resources! As we fully surrender to Christ we can simply thank Him for His thoughts. When you need peace, thank God for the peace He has already given you.

Day 4: "Philippians 4:8 Exercise"

Read Philippians 4:8

When facing a hard time or a difficult person to deal with, God's Word tells us what to think about. Think about that person or difficulty you are facing. Using the list from this verse write out how God is working in that situation and showing you Who He is and how He works:

How has God proved Himself true to you in this situation?

What is honest about what is going on? Not what you feel, but what you know to be true.

God is just, it's just not always in our time frame. In what areas have you seen God's justness?

In what ways has God shown His purity to you during this time?

God is daily loading us with benefits (Psalm 68:19). When He made the world He declared it good. After the fall of man He did not take away His goodness. As you look at this situation, what do you see that is lovely about God?

There is always a good report, if you look for it. Abraham Lincoln was credited to say that if you look for the bad you will surely find it. However, it is possible to look for the good. What is God currently doing in your life that is good?

Because God is virtuous, it is possible to see what He is doing in that regard. What has God done that is virtuous?

What is praise worthy about God and specifically how He is currently working in your life?

Day 5: "A Sound Mind"

Read 2 Timothy 1:3-5

What did Paul say Timothy had?

What is unfeigned faith?

Who had this unfeigned faith first?

Read 2 Timothy 1:6

Paul was reminding Timothy, like he did at many other places in Scripture, to be bold and not shy away from confrontation. Sometimes we need to be reminded of the gifts God has placed in us. Some wait passively for God to use them, remaining unwilling to stir up and use the gift God has already given them. In what areas has God gifted you?

Read 2 Timothy 1:7

God does not give us fear. He commands us to fear Him in hundreds of places in the Scripture. What is the true fear of God?

Scientists tell us that it is impossible to fear more than one thing at a time. Knowing this, what impact does it have when God says we are to fear Him and Him alone?

What does that do to the fear we might have of others? circumstances? our emotions? etc.?

This type of fear Paul was talking about does not come from God. What fears do you deal with that do not come from God?

In the place of fear, God has given us power, love, and a sound mind. Read Matthew 28:19-20. That word power there, means authority. How does having God's authority affect your thinking about situations you face?

We face situations where we do not have enough love in ourselves to meet the other person's needs or perhaps, they do not deserve our love. How does knowing you have access to God's unlimited, unchanging love affect you?

The sound mind here means the idea of a calm, controlled mind as contrasted to a confused and fearful mind. Is Christ's mind calm and controlled, or confused and fearful?

When you exchange your life for Christ's, whose mind do you get?

How would living in that truth affect and change your thought life?