

# Establishing a Christ-Centered Mindset

## Introductory Question - Positive or Negative?

Something breaks the schedule changes sudden crisis people family

Agree/Disagree: Negative people can be an absolute wear on others

Agree/Disagree: There is no medicine on earth that can heal a negative mind or no poison that can kill a positive one

## Does God promise us happiness?

*You will be hated by all people because of my name, but whoever endures to the end will be saved. Matthew 10:22*

*I have told you these things, so that you may have peace in me. In this world you are going to have trouble. But be courageous! I have overcome the world.*

*John 16:33*

## But God does promise one thing....

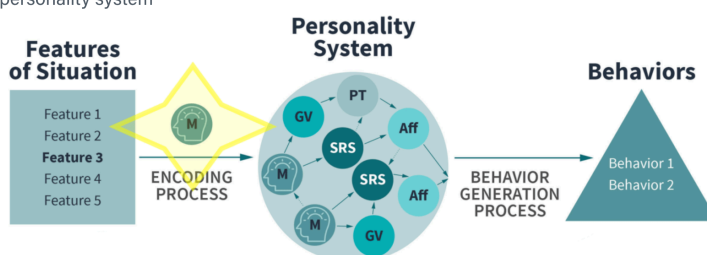
*Foundation Teaching: This saying is trustworthy and worthy of full acceptance: "Christ Jesus came into the world to save sinners," of whom I am the worst.*

*1 Timothy 1:15*

## Push Your Thinking - Science Speaks

Our mindsets are our encoding processes. They are mental fuel filters that serve three foundational jobs in why we do what we do:

1. Filter: Our mindsets filter in information into our brain that our mindsets deem most important
2. Interpret: Our mindsets interpret this filtered information in unique ways
3. Activate: Based upon the information filtered in and how it is interpreted, it will activate different elements of our personality system





Although your mindset about topics like appearance and success are largely influenced by outside factors, the brain is neuroplastic, meaning neural networks can continue to grow, change and reorganize throughout the lifespan. By challenging yourself with new experiences and perspectives, you can form new neural connections — or mindsets — at any point in life.

## Lesson

JP Thought - Edge of the Bed....thoughts?

**Big Idea - A positive mindset is not necessarily a Christ-centered mindset. A Christ-centered mindset, and the authority on establishing one, is found in only one place...scripture.**

Nicodemus - The Story of the Pharisee who wanted to GROW

### *Foundation Teaching:*

*There was a man of the Pharisees named Nicodemus, a member of the Jewish ruling council. 2 He came to Jesus at night and said to him, "Rabbi, we know that you are a teacher who has come from God, for no one can do these miraculous signs you are doing unless God is with him."*

*3 Jesus replied, "Amen, Amen, I tell you: Unless someone is born from above,[a] he cannot see the kingdom of God."*

*4 Nicodemus said to him, "How can a man be born when he is old? He cannot enter a second time into his mother's womb and be born, can he?"*

*5 Jesus answered, "Amen, Amen, I tell you: Unless someone is born of water and the Spirit, he cannot enter the kingdom of God! 6 Whatever is born of the flesh is flesh. Whatever is born of the Spirit is spirit. 7 Do not be surprised when I tell you that you must be born from above. [b] 8 The wind blows where it pleases. You hear its sound, but you do not know where it comes from or where it is going. So it is with everyone who is born of the Spirit."*

*9 "How can these things be?" asked Nicodemus.*

*10 "You are the teacher of Israel," Jesus answered, "and you do not know these things? 11 Amen, Amen, I tell you: We speak what we know, and we testify about what we have seen. But you people do not accept our testimony. 12 If I have told you earthly things and you do not believe, how will you believe if I tell you heavenly things? 13 No one has ascended into heaven, except the one who descended from heaven, the Son of Man, who is in heaven.[c]*

*14 "Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, 15 so that everyone who believes in him shall not perish but[d] have eternal life.*

*16 "For God so loved the world that he gave his only-begotten Son, that whoever believes in him shall not perish, but have eternal life. 17 For God did not send his Son into the world to condemn the world, but to save the world through him. 18 The one who believes in him is not condemned, but the one who does not believe is condemned already, because he has not believed in the name of the only-begotten Son of God. 19 This is the basis for the judgment:*

*The light has come into the world, yet people loved the darkness rather than the light, because their deeds were evil. 20 In fact, everyone who practices wicked things hates the light and does not come toward the light, or else his deeds would be exposed. 21 But the one who does what is true comes toward the light, in order that his deeds may be seen as having been done in connection with God."*

With what was Nicodemus struggling?

How did he handle that struggle?

### **Application -Establishing a Christ-Centered Mindset**

1. **Question** (Nicodemus)

### **2. Be open to the knowledge that your thinking may be wrong**

*Foundation Teaching: "What a miserable wretch I am! Who will rescue me from this body of death?" -Romans 7:24*

Why is bluntness sometimes beautiful? refreshing?

### **3. Search the scriptures**

*"As for you, continue in the things you have learned and about which you have become convinced. You know from whom[a] you learned them **15** and that from infancy you have known the Holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus. **16** All Scripture is God breathed[b] and is useful for teaching, for rebuking, for correcting, and for training in righteousness, **17** so that the man of God may be complete, well equipped for every good work." 2 Timothy 3: 14-17*

Why search the scriptures?

### **4. View in Christian joy**

*"Do not let any unwholesome talk come from your mouths. Say only what is beneficial when there is a need to build up others, so that it will be a blessing to those who hear."*

-Ephesians 4:29

*“Rejoice in the Lord always! I will say it again: Rejoice! 5 Let your gentleness be known to everyone. The Lord is near. 6 Do not worry about anything, but in everything, by prayer and petition, with thanksgiving, let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is commendable, if anything is excellent, and if anything is praiseworthy, think about these things. 9 The things that you learned, received, heard, and saw in me: Keep doing these things. And the God of peace will be with you.” -Philippians 4: 4-8*

**Question → Open Mind → Dig → Know your Why**

## **Wrapping it Up**

*Foundation Teaching: “For the word of God is living and active, sharper than any double-edged sword. It penetrates even to the point of dividing soul and spirit, joints and marrow, even being able to judge the ideas and thoughts of the heart.”*

*-Hebrews 4: 12*

**A Positive, Christ-Centered Mindset? The Answer is Simple.**



Final Thought: Nicodemus Returns! John 19