

I CAN'T CONTROL MY MIND

This would be a common complaint of many people today and it can be very distressing to find yourself in a "mind spiral" with no control.

Episodes can be for a few minutes or continue for days.

We'll look at a remedy that God suggests in His word about what to do about it.

God doesn't want your mind to be out of control but very much in His control.

After reading this brochure, you'll need to make a decision as to whether you want to run your mind your way or do it God's way.

"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God... And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."

[\(Romans 12:1-2\)](#)

"That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; and be renewed in the spirit of your mind..."

[\(Ephesians 4:22,23\)](#)

The two verses on the front of the paper state that we are to be transformed in the renewing of our mind and also to be renewed in the spirit of our mind.

"...but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." [\(Romans 12:2\)](#)

"That ye put off concerning the former conversation (behaviours) the old man, which is corrupt according to the deceitful lusts; and be renewed in the spirit of your mind..." [\(Ephesians 4:22-23\)](#)

EPHESIANS 4:24-32 THEN TELLS US HOW TO DO IT AND WE SEE THAT THERE IS A PRESCRIPTION TO FOLLOW:

v24 "And that ye put on the new man, which after God is created in righteousness and true holiness.

v25 Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another.

v26 Be ye angry, and sin not: let not the sun go down upon your wrath:

v27 Neither give place to the devil.

v28 Let him that stole steal no more: but rather let him labour, working with his hands the thing which is good, that he may have to give to him that needeth.

v29 Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

v30 And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.

v31 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:

v32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."

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LET'S START AT Verse 24: "And that ye put on the new man, which after God is created in righteousness and true holiness."

Comment: You can only put on the new man if you are born again. Only those who are saved are created in righteousness. ARE YOU SAVED? Baptism, confessionals, sacraments, good works, penances, being good, church membership, religion, last rites, Saturday worship or church rules CANNOT SAVE YOU.

**ETERNAL LIFE IS A FREE GIFT! YOU CAN'T EARN IT,
WORK FOR IT OR BUY IT!**

The Bible says, "...the **GIFT** of God is eternal life **THROUGH JESUS CHRIST OUR LORD.**" ([Rom 6:23](#)). The Bible says "...Christ Jesus came into the world to save sinners..." (1 Timothy 1:15) and it also says, "**For whosoever shall call upon the name of the Lord SHALL BE SAVED.**" ([Romans 10:13](#))
Eternity is forever and hell is real, but if you want to be saved, trust alone in Jesus and pray from your heart:

"DEAR GOD, I'm a sinner & deserve Your everlasting wrath in hell. I believe Jesus died for my sins and His shed blood was payment. I completely trust Him alone to save me. Thank you for forgiving, me. AMEN"

Stop trusting in your "self-righteousness" & put your trust in Jesus Christ alone and "His righteousness".

If you don't get saved, the only way you can control your mind is to do a new age course in thought control or enroll in Transcendental Meditation course. These courses open the mind to the demonic realm.

v25 Wherefore putting away lying, speak every man truth with his neighbour: for we are members one of another.

Comment: Want control of your mind? Stop lying. Now some people don't think that little "white lies" are lies but they are. Some people may not tell the whole truth and think that they're not lying - but they are. Some people manage to embellish the truth or over exaggerate their stories so that others will be impressed. This is lying.

v26 Be ye angry, and sin not: let not the sun go down upon your wrath:

Comment: There is this stereotype that Christians should be 'door-mats' but the Bible says the Christian is to get angry some times. ([Titus1:13](#); [Matt 23:15](#); 2 Cor13:2), but he is not to sin when he gets angry for the "wrath of man worketh not the righteousness of God" and "anger resteth in the bosom of fools" ([Ecc7:9](#)). Jesus was angry at nothing but sin and angry at no-one but the religious leaders of the day. Twelve hours is long enough to be 'sore' at anybody. If you go on with it, you will lose sleep. Staying angry will keep you awake and people who won't give away their anger won't be able to control their mind. You

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can get ulcers from a grudge if you keep nursing it ([Lev 19:18](#)). And if you die in your sleep with out forgiving, you'll have a lot of trouble at the Judgment Seat ([Matt 18:18](#); [1Tim 5:25](#)).

v27 Neither give place to the devil.

Comment: If you keep on nursing a grudge Satan can use this to move in ([2Cor 2:10-11](#)). The devil can magnify the situation ([1King 21:1-5](#)) until it is out of proportion and it can terminate in murder (2 Sam chapters 18,19) or something just as bad (Genesis 37).

v28 Let him that stole steal no more: but rather let him labour, working with his hands the thing which is good, that he may have to give to him that needeth.

Comment: Do honest tax returns! Stop 'ripping' people off! When people are working and productive they're not idle and don't have a lot of time on their hands to worry about things. This has further benefits in that work can give a tiredness that can help the person to sleep. The Christian goes beyond this and earns money so that he/she can give to others and support the work of the gospel.

v29 Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

Comment: What is corrupt communication? This includes the passing on of rumors, the inventing of slander, murmuring, complaining, the dirty joke, the off color joke, foul, filthy, rude or obscene language. In fact anything that doesn't glorify God and exhibit trust in His dealings in our lives. The Bible says that "out of the abundance of the heart the mouth speaketh" [Matt12:34](#). Is it honest, true and tenderhearted?

v30 And grieve not the holy Spirit of God, whereby ye are sealed unto the day of redemption.

Comment: The Holy Spirit is grieved with foolish talking, jesting, lying, indolence; laziness, sin, uncleanness, all unrighteousness, exaggerating, self-pity, lack of concern, lack of gratitude, lack of fruit, worrying, grumbling, murmuring, stinginess, jealousy, false accusations, lack of faith, refusal to witness and testify to people, indifference to the Bible, half hearted Bible reading, luke warm prayer life, no prayer life, perversion of the truth or incorrect doctrine, failure to praise God, failure to trust God and be obedient to God.

v31 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice

Comment: In guiding us to renewing the spirit of our mind, Paul gives us six negative admonitions:

1. Bitterness which is a cause to wrath and anger
2. Wrath 3. Anger 4. Clamour being one of the works of the flesh ([Eph 4:31](#))
5. Evil speaking can cause bitterness 6. Malice which is part of the old life.

v32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Comment: There is a tendency to retaliate and hit back when hurt. This passage is not referring to being sweet to the critics of God's Word but is a personal reference to the

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behavior we need to exhibit to each other as Christians - and we can be very unkind and cruel to one another. Remembering always that Christ died for us while we were yet sinners.

SUMMARY:

There are nineteen items mentioned in this passage that we need to adhere to in order for us to have control of our minds and to be renewed in the spirit of our minds:

1. Put on the new man
2. Put away lying and speak the truth
3. Be angry and sin not
4. Don't let the sun go down on your wrath
5. Don't give place to the devil
6. Steal no more
7. Labour to support others in need
8. Get rid of corrupt communication
9. Minister grace unto other hearers
10. Don't grieve the Holy Spirit
11. Put away bitterness
12. Put away wrath
13. Put away anger
14. Put away clamour
15. Put away evil speaking
16. Put away all malice
17. Be kind
18. Be tenderhearted
19. Forgive one another

JUST PLAIN OLD COMMON SENSE

In a nutshell, God's word says that we should "do right" and then we'll think right, Now God's not saying if we feel like it, He's saying "DO IT!"

Now you won't be able to fulfill all these things in your own strength, that's why we need to go to Him helpless and petition Him to enable us to do these things. **BUT YOU MUST MAKE THE DECISION THAT THIS IS HOW YOU WILL CONDUCT YOUR BEHAVIOUR FROM NOW ON!**

"GIGO"

There is also an old saying that says "GIGO" - "garbage in garbage out". Dear friend, what garbage are you putting into your mind?

SOME DON'TS: The following will send your mind out of control:

1. Watching more than 1/2 hour TV a day - all the images create lust, greed, elevate the glory of man, promote foul language and offer solutions to problems according to the world.
2. Getting the Daily Newspapers - unless you buy them to pray over they'll just make you depressed.
3. Buying the Women's Magazines - they contain only lies, lust, gossip and rumor.
4. Gossip sessions at work often serve no more value than to "tale-tell" and slander.

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Deliverance from the "mind demons" aren't the problem - Christians won't stop feeding the flesh of the mind.

SOME DO'S:

5. Start memorizing Scriptures from the KJV. (The other versions are corrupt based on corrupt Greek texts.)

6. Ask God to enable you to pray more.

7. Think on the corrupt nature of man - and dwell on the sacrifice of Jesus on the cross.

8. Start to distribute Christian tracts - leave them in letter boxes or anywhere. Start witnessing.

By Harley Hitchcock

