

Published based on [A Check Up From the Neck Up!](#)

# **A Check Up From the Neck Up!**

## A CHECK UP FROM THE NECK UP

This is a neat little outline that you can build on. Add your own stories and personality and it will help your people in a very important part of their Christian life. Right Thinking!

### **Other Title Ideas:**

Think about what your thinking about!

What's on Your Mind?

When Your Thinking Gets to Stinking You Start Sinking!

What Would Jesus Think?

Introduction--Everyone sees the value of going to the doctor when it appears something is not wrong with the body (give an example here). But what about a check up on your thought life. Are there unhealthy symptoms there that can lead to big problems later on?

1 Corinthians 2:16 We have the mind of Christ.

### ***What's in the well, comes up in the bucket!***

The mind of Christ is controlled by the Spirit and will demonstrate the fruit of the Spirit.

### TEXTS:

Phil. 2: 5 Let this mind be in you which was also in Christ Jesus

Ro. 8: 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, the things of the Spirit. 6For to be carnally minded is death, but to be spiritually minded is life and peace. 7Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be.

## **1. Set Your Mind**

– Col 3:1If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God Set your mind on things above, not on things on the earth.

What about your emotions?

Jesus openly confessed that His emotions were in one place, but His will was another.

John 12:27“Now My soul is troubled, and what shall I say? ‘Father, save Me from this hour’? But for this purpose I came to this hour. 28“Father, glorify Your name.”

2 Corinthians 10:4-5 4 For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ, NKJV

Ephesians 6:12 For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual host of wickedness in the heavenly places.

Thoughts are like seeds. They bear fruit.

We can reap the wrong harvest if we have the wrong thoughts because thoughts produce actions that produce a harvest.

## 2. Renew Your Mind

Ro. 12:2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

Eph. 4:22 that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, 23 and be renewed in the spirit of your mind, 24 and that you put on the new man which was created according to God, in true righteousness and holiness.

It is impossible to get from wrong behavior to right behavior without first changing thoughts.

## 3. Gird Your Mind

1 Peter 1:13 Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ; 14 as obedient children, not conforming yourselves to the former lusts, as in your ignorance; 15 but as He who called you is holy, you also be holy in all your conduct,

A. Don't give up. Gal. 6:9 And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.

B. Don't be condemned.

C. Don't be discouraged. Psalm 42:5

James 1:4 But let patience have its perfect work, that you may be perfect and complete, lacking nothing. 5 If any of you lacks wisdom, let him ask of God,

Phil. 1:6 being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ;

Guard against:

wandering, wondering  
reasoning  
confusion  
doubt and unbelief  
anxiety and worry  
judgement, criticism, and suspicion  
passivity

Philippians 4:8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy — meditate on these things. NKJV

## Practical Things

Read the Word. Pray it, confess it, sing it.

Choose to think on something else.

Confess your struggle to someone you trust who will pray for you and hold you accountable.

Fast

Worship

Pray for others

You can also find this article published on [A Check Up From the Neck Up!](#), and on the tag pages [mind](#), [mind of Christ](#), [sermon outline](#), [thinking](#), [thoughtlife](#), [thoughts](#).