



Beacon Education

Supporting world-wide community education

Habits of a Positive Mind

How to gain a positive mind



Romans 12:2

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

1. When you don't know what to do, choose God's way.



“The facts” say one thing, God’s Word another. Choose the way of God.

Proverbs 3:5

***Trust in the LORD
with all your heart
and lean not on
your own
understanding.***

Discussion

Read Proverbs 3:5-8

What does God tell us to do when we don't know what to do?

Have you ever been in a situation where you could go in two directions and you don't know which one is the right way?

What are the results of trusting in God?

2. With God all things are possible



God has given you unique gifts and talents. Ask God what He wants you to do in life. He will increase your natural ability to do it, when you flow in God's will.

Matthew 17:20

He replied, ... "if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you."

Discussion

Is there anything that you want to aspire to, but you wouldn't try, because you don't think you're good enough?

How could you overcome this?

3. Faith and action are two wings to fly on



Know what God wants you to do. Then take action on what you believe God is telling you to do.

James 2:17

In the same way, faith by itself, if it is not accompanied by action, is dead.

Discussion

How does the eagle fly to great heights and glide on the air currents? How is TRUST important in the eagle's flight?

Have you ever been afraid to take action on what you believe you SHOULD do?

How can FAITH help us to step out?

Isaiah 40:31:

Those who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

4. Weigh up everything you hear and see, with God's Word.



The world is exploding with ideas and values. Ask God to show you what is truth, through revelation and His Word.

Isaiah 55:8

"For my thoughts are not your thoughts, neither are your ways my ways," declares the LORD.

Discussion

What are some ideas coming from the media and the world around us, that are confusing to people of the modern world?

Which of those ideas have negative consequences for people who take them on?

How can we know which ideas are right?

5. Natural ability is not fixed



Your natural intelligence changes over time. Your capability is not fixed at birth. God will cause growth in your natural ability if you submit to Him. Your ability to think deeply is linked to the Holy Spirit, who holds all wisdom and knowledge.

Philippians 4:7

And the peace of God, which goes beyond natural understanding, will guard your hearts and your minds in Christ Jesus.

Discussion

With a partner discuss:

What natural abilities were you born with?

Are there any abilities you have developed since childhood?

Are there any new abilities you think you could aspire to, with God's help?

6. Sowing and Reaping



If you want to achieve something you have to put in the time and effort.

Major change always takes time. Keep going and you will reap the reward.

2 Corinthians 9:6

Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.

Discussion

When a farmer plants seeds, what does he have to do to get the benefit of a good harvest?

What kind of 'seeds' can you plant to get started on achieving your goal?

What can you do to keep your initial effort going and growing?

What harvest do you expect to reap?

7. Iron sharpens Iron



To raise your thinking level, spend time in the company of people who are more advanced than you in skill and experience. People of a strong faith will contribute to your welfare.

Proverbs 27:17

***As iron sharpens iron,
so one man sharpens
another.***

Discussion

Who might you choose as a mentor or a person to work with, who could assist you, and help you learn new things?

What could YOU offer that person? How could you be of assistance to them?

8. Optimism of faith compared with negative thinking



A cheerful outlook overcomes setbacks, challenges, confusion and doubt. God wins, and His kingdom advances, no matter how bad things appear to be.

Romans 8:39

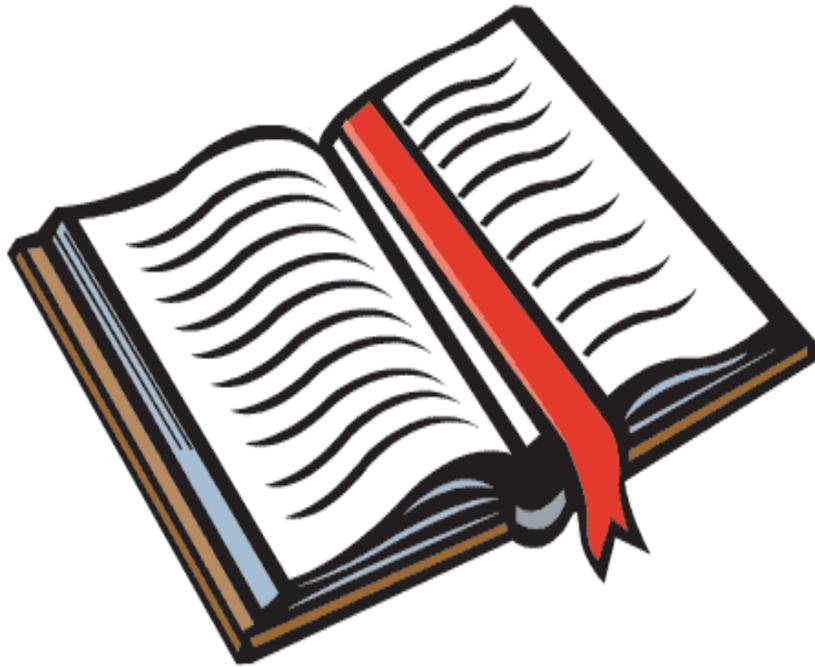
...neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Discussion

Think about this verse: “All things work together for good for those who love Him and are called according to his purposes.” Romans 8:28

Are there any times in your life when things were going badly and you thought that there was no hope, YET, in the end, things turned out for good?

9. Meditation on God's word



Hide the word of God in your heart; memorize Scripture so you have an extensive library to call upon. Then the Holy Spirit can prompt your mind when necessary, giving His viewpoint on the way we should think.

Psalm 119:11

I have hidden your word in my heart that I might not sin against you.

Discussion

A list of Scripture keys, (Bible verses that apply to specific situations), accompanies this session.

With a partner, go through them and choose 5 key verses that you think would be good to memorize.

10. Thinking and the mind run best on good fuel



Champions run on high-performance fuel. Toxic processed food diminishes thinking efficiency. Poor sleep habits, pornography, bad social media or internet content, excess alcohol consumption, illicit drug use and lack of aerobic activity, all put the mind in a suboptimal performance mode.

1 Corinthians 6:19

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God?

Discussion

With a partner discuss:

How you think you could take steps to improve your physical well-being, through good diet, exercise and avoidance of harmful or unhelpful practices.

Make a wellness plan for the next three weeks.