



North Rocks Community Church
Sunday 19th February, 2017

Loving God with
all our minds

Reflection Sheet

1. How are you going in your relationship with God?

Psalm 13:1-2 / 1 Thessalonians 5:16-18.

Meditation — Allowing your mind to settle on a Bible verse or truth

2. When should we meditate on God's Word? (*Psalm 1:2, Joshua 1:8*)

Psalm 46:10 / Psalm 23:1 / Phil 4:13 / Phil 4:19 / 1 Peter 5:7 / Phil 4:6-7

Practical Exercise: Spend a few minutes just repeating the same verse over and over again in your mind—allowing it to settle.

Imagination — Setting your mind free to imagine, dream, wonder...

3. Ephesians 3:20 reminds us that God can do immeasurably more than we can ask or imagine. When you pray, do you just ask or do you also allow yourself to imagine or dream what God could do through you or what God might be saying to you?

Practical Exercise: Spend a few minutes imagining that Jesus is talking to you. What does Jesus say? How do you respond?

Stimulation — Feeding and Challenging your mind

Romans 12:2 / Phil 4:8

4. When do you (or what do you do to) feel most mentally alive?

5. What sort of nourishment do you feed your mind each week?

Practical Exercise: Load up the YouVersion Bible App on your smart phone (go to bible.com/app on your phone and follow the prompts) and sign up for the bible verse of the day and maybe even a short bible reading plan.