

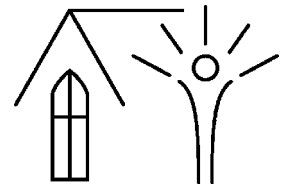


**ROSELLE**  
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*Our Mission Statement:*

*"To Know Christ,  
To Grow in Christ,  
To Show Others Christ"*



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## “Invitation to Spirituality: The Mind”

### Romans 8:1-11

Reverend Thomas Kim

The success or failure of your life is largely determined by the equipment you use. You wouldn't try to fly across the Pacific in a hang glider. You wouldn't try to play golf with a baseball bat. You wouldn't try to fight a forest fire with a squirt gun. You've got to use the right equipment in life. Fortunately God has certain equipment that He's provided for you to make it in life.

In Hebrews 13:21, the Bible says, “God will equip you with all you need for doing His will.” (*The Message*)

Today we want to look at one of the most important piece of equipment – the spirituality: and today's theme is the Mind.

The greatest battle you'll ever fight in life is the battle that goes on inside you: the battle between what you believe and how you really behave! How many times have you made a promise to God, or yourself, not to do something, but you did it anyway? Let's be honest. Have you ever gone to a restaurant and made up your mind that you were not going to eat dessert?

Then the server comes to your table with this thing called a "dessert" tray.

This is symbolic of how evil works in the world. My mind and my body are not working together ... they're out of sync. They seem to be working against each other. It causes problems in my life.

In Romans 8:6, Paul says, “*To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.*”

God gives us equipment called *the Mind* to bless us and maximize and utilize our life potentials. God gives us mind to change our life. Our mind has no thickness, no width, no shape, but exists. Your mind belongs to your spirituality which affects your life. If your mind is filled with negative thoughts, guess what? The negativity in your mind affects your body, your life and your business even your relationships.

For example, if you decided to hate a person, and had a program to hate the person in your mind, it affects you in your life. You are more likely the first victim of your hatred when you hate a person. That's why Jesus says, “Love your enemy.” To love your enemy and forgive him, and pray for him is for your own sake, and your spiritual well being. That's a spiritual principle.

If you curse a person or a company to fail, you begin to fail because the message goes to your life first. Therefore it is important in your life what you think. Those who love to speak ill of a person, those negative thoughts are memorized in their mind, and affect their lives. That's why you feel ill and sick

after gossiping or backbiting someone because those negative thoughts come to your own mind first. That's why what you think and what you put in your mind is important.

When you think of a task positively and as possible, you have a better chance in achieving the task successfully. When you think of a task negatively and as impossible, your action does not support your task fully, and it is hard to achieve the task.

The mind affects physical reaction as well. For long time, people doubted a four-minute-mile was physically possible for a man to achieve, until Roger Bannister ran the first sub-four-minute mile on May 6, 1954. Bannister's record-setting mile run was called the "Miracle Mile" because he completed the distance in 3:59.4 at Oxford. It was possible to break the record because Bannister believed he could run a mile within four minutes, and changed his running style, pattern and strategy.

Surprisingly just a month later his record was broken by Australian John Landy. He bettered Bannister's record with a time of 3 minutes 57.9 seconds. Unlike Bannister, other runners did not have to change their running styles, patterns and strategies, but only their thoughts. I think that when they thought that a man could run a mile within four minutes, they were able to do it. The mind progresses little by little, but when it exceeds its boundary, it makes rapid progress.

Quiz number one: How many of you can name the last five winners of the Miss America contest? How many of you can name the most valuable player in football, basketball, and baseball for the last five years?

You have already forgotten yesterday heroes. Those are not insignificant people. But we don't even remember them.

I love this quote: *Achievements vanish and awards tarnish and certificates grow yellow.*

Another quiz: Can you name or can you remember the most helpful teacher you had in school? Can you name two friends who helped you through a difficult time?

This quiz is a lot easier, isn't it? Why? They made the great difference in your life. They are not the wealthiest people. They are not the most talented people. Then think carefully how did they affect your life? They are positive people, and they helped you to set the mind. You remember them because they affected your mind. You remember people who affected your mind.

Jon Winokur has compiled and edited a book which is titled simply *FATHERS*. In it he quotes many high profile celebrities concerning their fathers. For example, he quotes broadcaster Ted Turner: "One summer I made \$50 a week," says Turner, "and my father charged me \$25 a week rent. I asked him if that wasn't a little high. He said that if I could do better than that for food and lodging seven days a week I could move out."

Winokur also quotes ultra-conservative Pat Buchanan: "To impress upon us what the loss of the soul through mortal sin meant," says Buchanan, "my father would light a match, grab our hands and hold them briefly over the flame, saying: 'See how that feels? Now imagine that for all eternity.'"

To me these are quite revealing about the men Ted Turner and Pat Buchanan turned out to be.

Let me read one more quote. This is from golfer, Juan "Chi Chi" Rodriguez: "*One night,*" says Rodriguez, "*at about two o'clock in the morning my father caught a man stealing bananas from our backyard. He went over to the man with his machete, took the bananas, cut the branch in half and said, 'Here, you can have it.' And then he said, 'From now on, if you need anything from the back of our house, come to the front.'*" (Richard G. Capen, Jr., *FINISH STRONG: LIVING THE VALUES THAT TAKE YOU THE DISTANCE* p. 62.) I will let you decide which of those three Dads was most in the spirit of Christ. Paul says, "*To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.*" Paul might say, "God's will in; God's will out!" Divine reprogramming is part of what we Christians have to do nowadays.

Children need models. This is the way you affect their mind in the most positive way. They learn not from nagging, but from exemplifying. They learn from watching those adults closest to them. How do you think and handle anger, disappointment, frustration? How do you set your mind? Where do you set your mind? I love Philippians 4:13: *"I can do all things through him."* It is the power of resolve because of Christ who is in me. It is his power that I place my trust in. If you sit and think "I'm trying" or "I might," you are going to get knocked on your behind every time. The power of the will is decisive. That's why you have to think more positively and say rather I will, or I can do it! That's part of your spiritual exercise also.

Fitness experts say, "If you don't use it, you lose it." That means you must exercise, and use your bodies otherwise your body becomes weaker quickly. The reason people perform all exercises is for the sake of the Body's health. Also it is not only true to our bodies, but to our spirit. Each of us must flex our spiritual life. That's why I invite you to practice your spirituality daily. *"To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace."*