

Spiritual Training Part 18

A calm mind

Mark 4:39 Isaiah 26:3

(Two perspectives)

Perspective #1

Message: Finding Calm in the Storm

Greetings everyone!

I hope you're doing well! I wanted to share some thoughts about staying calm and centered, especially when life feels like a whirlwind of challenges and distractions.

It's easy to get caught up in the **noise**, but there's wisdom in learning **how** to quiet the storm—both **around us and within us**.

Let's start with **Mark 4:39**, where **Jesus** rebukes the wind and calms the sea with the simple command: **"Peace, be still!"**

What struck me here is how the wind can symbolize words, the words we hear from others or even the ones swirling around in our own minds.

And just like the **wind moves the sea, words can move people**, sometimes tossing us into doubt or confusion. It's a powerful reminder to guard our minds and not let unstable teachings or negative thoughts carry us away.

Ephesians 4:14 ties into this beautifully, warning us not to be tossed around by every "wind of doctrine." It's so easy to get distracted or misled by the trickery of people or false teachings.

But when we anchor ourselves in truth, we can find stability and peace instead of being swept away by doubt.

Here's the application: When we encounter words or teachings that don't line up with God's truth, **we can rebuke them**, (*Not to their face but privately, discretion needed*) just like Jesus rebuked the wind.

And for those around us, we can speak, **"peace, be still"**. (*Not to their face but privately, discretion needed*) Therefore, we provide peace and calmness, in stormy situations.

Plus, those around us receive the benefits of our faith. (*Remember the Little Boats. Mark 4:36*) It's amazing how this simple act can bring clarity and calmness to a situation.

Isaiah 26:3 gives us another key insight: “Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.” The word “stayed” means to remain unchanged or sustained.

When our minds are focused on Jesus—on His authority and His promises—we experience a deep, lasting peace. No matter what storms come our way, trusting Him keeps us grounded.

This leads us to a deeper reflection on our thought life. Our thoughts are filled with words, and they have the power to start storms in our minds if we’re not careful.

For example, music can trigger memories from years ago—both good and bad. If those memories bring up hurtful thoughts, like strife or bitterness, it’s important to guard against letting them take root.

Hebrews 12:15 warns us about the “**root of bitterness**” that can spring up and cause trouble, defiling many. Bitterness doesn’t just affect us—it spreads to others.

Here’s something I found helpful: Think of wrong thoughts like **spiritual e-mails with attachments**.

Just like you wouldn’t open a suspicious e-mail that could harm your computer, you don’t have to open every thought that crosses your mind. Some thoughts come with destructive “attachments” meant to pull us into false reasoning or strongholds that hold us back.

When you sense danger in a thought, delete it quickly—don’t let it linger.

The enemy knows what thoughts will hurt us most, just like **spam e-mails** are tailored to tempt or trick us.

But we have a **choice** not to engage with them. **Colossians 3:1-3** reminds us to set our minds on things above, where Christ is seated, and to remember that our lives are hidden with Him.

That privacy—being “hidden” in Christ—gives us protection from the world’s noise and distractions.

So here’s my takeaway: when storms arise, whether they’re external challenges or internal battles—**pause and focus on Jesus**.

Rebuke the wind (those harmful words or thoughts), speak peace over your heart and mind, and trust Him fully. Let your mind remain “stayed” on His promises, and you’ll find perfect peace.

Remember, you don’t have to open every thought or let every word move you. Stay anchored in truth and let Jesus calm your storm.

Perspective #2

A Calm Mind: Insights from Scripture and Spiritual Application

Maintaining a calm and peaceful mind is a pursuit that resonates deeply with individuals seeking spiritual growth and emotional well-being.

The Bible offers profound insights into achieving tranquility through trust in God and wise management of our thoughts.

This teaching explores key scriptural passages, their interpretations, and practical applications to cultivate inner peace and stability.

The Wind and the Sea: Symbols of Words and People

Two pivotal verses—Mark 4:39 and Ephesians 4:14—serve as the foundation for understanding how external influences, particularly words and teachings, can affect our spiritual and emotional state.

In Mark 4:39, Jesus rebukes the wind and calms the sea, declaring, "Peace, be still!" This act not only demonstrates His authority over nature but also symbolizes the power of words (wind) to stir emotions in people (sea).

The insight drawn from this passage is that just as the wind moves the sea, words, whether teachings, doctrines, or conversations—can move people.

Ephesians 4:14 further elaborates on this concept by warning against being "tossed to and fro and carried about with every wind of doctrine." Words filled with deception or instability can lead to confusion, doubt, and spiritual turbulence.

These verses emphasize the importance of discerning truth from falsehood and rejecting teachings that contradict God's Word.

Practical Application: Rebuking and Restoring Peace

The application of these insights is both private and public. In situations where conflicting or harmful words create unrest, we can follow Jesus' example by rebuking those words and restoring peace.

Publicly, this involves addressing false teachings or harmful ideologies that disturb collective calmness. Privately, it means speaking peace into the lives of individuals struggling with doubt or confusion.

Mark 4:35-36 highlights the broader impact of Jesus' intervention. After calming the storm, not only His disciples but also **those in nearby boats** experienced great calmness.

Similarly, when we exercise authority over harmful influences in our sphere of influence, we contribute to a **collective** sense of peace.

Perfect Peace Through Trust in God

Isaiah 26:3 offers profound encouragement: "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee." The Hebrew word for "stayed" implies laying upon, upholding, or sustaining—a state of unwavering focus on God.

Trusting Him and keeping our minds fixed on His promises lead to perfect peace.

The **dictionary definitions** of "**stay**" (remain) and "**remain**" (to continue unchanged) further underscore the importance of consistency in our spiritual focus.

By anchoring our thoughts on God's Word and His actions—such as Jesus calming the storm—we can maintain tranquility regardless of external circumstances.

Guarding Our Thought Life

A deeper exploration into maintaining a calm mind involves managing our thought life. Thoughts are powerful; they are composed of words and can arrive at any time through **various triggers**, such as sensory experiences or memories.

For instance, hearing a familiar song may evoke memories from decades ago, bringing either joy or sorrow.

The Bible cautions against allowing negative thoughts to take root. **Hebrews 12:15** warns about the "**root of bitterness**" that can spring up and cause trouble, defiling many.

Strife-filled memories or unresolved conflicts can lead to bitterness if left unchecked. Guarding our senses—sight, hearing, touch, taste, and smell—helps prevent hurtful thoughts from gaining a foothold.

The Agenda of Wrong Thoughts

Wrong thoughts often come with an **agenda designed** to lead us astray. Like emails with harmful attachments, they carry destructive potential.

Just as we **exercise caution** in opening suspicious emails, we must be vigilant about entertaining harmful thoughts.

The enemy (the kingdom of darkness) knows our vulnerabilities and seeks to exploit them by sending "**spiritual emails**" filled with deceitful reasoning.

If left unchecked, these thoughts can escalate into strongholds—mental barriers that hinder us from fulfilling God’s purpose for our lives.

Overcoming strongholds may require prayer support from others who can help us break free.

Spiritual Implications of Attachments

The **analogy** between **email attachments** and **spiritual attachments** offers valuable insight. Just as opening a malicious email can harm a computer system, entertaining wrong thoughts can disrupt our spiritual equilibrium.

We have the **choice** to delete such thoughts before they take root. **Recognizing** the enemy’s tactics allows us to **respond wisely** by rejecting harmful influences.

Colossians 3:1-3 reminds us to set our minds on higher things—eternal treasures in Christ—rather than earthly distractions.

Verse 3 assures us that our new life in Christ is "**hidden**" with God, offering a sense of **privacy** and protection from worldly interference.

This hidden life symbolizes spiritual security and reinforces the importance of focusing on God’s truths.

Practical Strategies for Maintaining Calmness

1. Discern Words and Teachings: Evaluate information critically against God’s Word. Reject doctrines or ideologies that create confusion or contradict biblical principles.

2. Exercise Authority: Rebuke harmful words or influences in your environment, both publicly and privately. Speak peace into situations where unrest prevails.

3. Guard Your Senses: Be mindful of **triggers** that evoke negative memories or emotions. Avoid situations that may lead to bitterness or strife.

4. Delete Harmful Thoughts: Treat wrong thoughts like suspicious emails—refuse to open them or entertain their agendas. **Replace them** with truth from Scripture.

5. Focus on Higher Things: Keep your mind set on Christ’s promises and actions. Trust Him to sustain you through challenges.

6. Seek Prayer Support: If strongholds persist, seek prayer from trusted individuals who can help you overcome spiritual barriers.

Conclusion

A calm mind is attainable through spiritual discipline, trust in God's Word, and careful management of our thoughts.

By **recognizing the power of words** to influence emotions and actions, we can discern truth from falsehood and reject harmful teachings. Anchoring our minds on Christ's promises ensures perfect peace amidst life's storms.

As you navigate your spiritual journey, remember Jesus' example during the storm—**rebuking the wind** and calming the sea—and apply these principles to your own life.

In doing so, you will experience tranquility that surpasses circumstances and affects your areas of influence.

To be continued...

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