



Mt. Calvary Pentecostal Church

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Better Thinking = Better living

Taught by Sfg. Bishop C. Shawn Tyson, Pastor

Colossians 3:2 [NIV] - *Set your minds on things above, not on earthly things.*

Isaiah 26:3-4 KJV - [3] *Thou wilt keep him in perfect peace, (whose mind) is stayed on thee: because he trusteth in thee.*

4] *Trust ye in the Lord for ever: for in the Lord Jehovah is everlasting strength:*

- **PowerPoint:** The secret to perfect peace is the steadfast placement of our mind on spiritual things and an unwavering faith that the purposes of God are in our “eternal” best interest.

2 Corinthians 4:17-18 KJV - [17] *For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; 18] While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.*

A child of God has to always live with one eye on time and the other eye on eternity. The two are connected in the sense that what God allows to happen in this clear window called time is connected to a not yet fully revealed purpose, that involves plans, places and people, beyond this place and this time. This daily resetting of our minds is reflected in principle in Jesus teaching the disciples to pray saying “give us this day our daily bread”.

Matthew 6:9-11 KJV - [9] *After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. [10] Thy kingdom come. Thy will be done in earth, as it is in heaven. [11] Give us this day our daily bread.*

The Scriptures tell us that bread represents at least 5 things:

1: Bread represents the necessities of life.

Luke 12:15,22-23 KJV - [15] *And he said unto them, Take heed, and beware of covetousness: for a man's life consisteth not in the abundance of the things which he possesseth. 22] And he said unto his disciples, Therefore I say unto you, Take no thought for your life, what ye shall eat; neither for the body, what ye shall put on. 23] The life is more than meat, and the body is more than raiment.*

2: Bread represents God's Word.

Bread is a symbol for the Bible, which is our spiritual food. We don't just need physical nourishment; we also need spiritual nourishment, and we need it EVERY DAY.



Deuteronomy 8:3 KJV - *[3] And he humbled thee, and suffered thee to hunger, and fed thee with manna, which thou knewest not, neither did thy fathers know; that he might make thee know that man doth not live by bread only, but by every word that proceedeth out of the mouth of the Lord doth man live.*

3: Bread represents God's family and fellowship.

1 Corinthians 10:15-17 KJV - *[15] I speak as to wise men; judge ye what I say. 16] The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ? 17] For we being many are one bread, and one body: for we are all partakers of that one bread.*

4: Bread represents Christ's abiding presence in the church

Leviticus 24:5-9 KJV - *[5] And thou shalt take fine flour, and bake twelve cakes thereof: two tenth deals shall be in one cake. 6] And thou shalt set them in two rows, six on a row, upon the pure table before the Lord. 7] And thou shalt put pure frankincense upon each row, that it may be on the bread for a memorial, even an offering made by fire unto the Lord. 8] Every sabbath he shall set it in order before the Lord continually, being taken from the children of Israel by an everlasting covenant. 9] And it shall be Aaron's and his sons'; and they shall eat it in the holy place: for it is most holy unto him of the offerings of the Lord made by fire by a perpetual statute.*

5: Bread in scripture represents Christ himself as the giver of life & eternal life

John 6:41,47-48,51 KJV

[41] The Jews then murmured at him, because he said, I am the bread which came down from heaven. 47] Verily, verily, I say unto you, He that believeth on me hath everlasting life. 48] I am that bread of life. 51] I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.

We can see through these scriptures how keeping our MINDS stayed on HIM will result in a better quality of life through better thinking.

- **PowerPoint:** Behavior and actions are first processed through the gateway of our thinking. It is in the mind where the pathway to better, increase and greater is held.
- **PowerPoint:** When you rule your mind, you rule your world. When you choose your thoughts, you choose your results.

The first step to a spiritually strong and better thinking mind is to take responsibility for your thinking habits.

7 ways to have a better thinking mind:

1: Be specific about exactly what you want.

- **PowerPoint:** People that are certain of their path and know their starting and end points don't generalize their intent or actions. They are specific in their thinking on what they want to accomplish and will act with complete clarity every step of the way.

Isaiah 42:16 KJV - [16] *And I will bring the blind by a way that they knew not; I will lead them in paths that they have not known: I will make darkness light before them, and crooked things straight. These things will I do unto them, and not forsake them.*

2. Avoid the trauma of unnecessary drama

- **PowerPoint:** Refrain from releasing negative energy with negative words. Better thinking people avoid getting sucked into their own vortex of drama; they instead put the focus on finding every possible option to a problem and acting on the best decision with confidence.

Mark 11:23 KJV - [23] *For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have WHATSOEVER HE SAITH.*

3. Put it in your rear-view mirror

- **PowerPoint:** Better thinkers may have regretted a decision when it happened, but to increase and be greater, you must stop mourning over what should have or could have happened. Focus on daily self-improvement, emotional healing, spiritual development and move on. Whatever happened then is now in your rear-view mirror and has no power or control over your future.

Philippians 3:13-14 KJV - [13] *Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, [14] I press toward the mark for the prize of the high calling of God in Christ Jesus.*



4: Don't be a lone ranger.

Proverbs 11:14 KJV - [14] *Where no counsel is, the people fall: but in the multitude of counsellors there is safety.*

5: Determine to accomplish one realistic goal ever day

- **PowerPoint:** Better thinkers commit to a morning ritual to map out their day and decide on that one main goal they will accomplish and stay focused on throughout the day.
- **PowerPoint:** Distractions will happen and fires may need to be put out; but better thinkers fiercely protect their time to ensure they end the day having completed that one main goal.

6: Focus your time and energy on what matters most.

- **PowerPoint:** What you say no to will determine what you have time to say yes to.
- **PowerPoint:** To avoid spinning your wheels and spreading yourself too thin, simply ask yourself: "What matters the most in my life right now?" This is the area that your time and energy should be focused on so that you are most fulfilled and most productive.

Luke 2:49-50 KJV - [49] *And he said unto them, How is it that ye sought me? wist ye not that I must be about my Father's business?* [50] *And they understood not the saying which he spake unto them.*

7: Stop letting people talk you out of it and talk yourself into it.

- **PowerPoint:** Stop over analyzing all the "what if's" and activate the faith to step up to the starting line. The only question remaining is, "What's the ONE thing I need to do right now to get started?"

Philippians 4:13 KJV - [13] *I CAN DO all things through Christ which strengtheneth me.*