

How to Stay Mentally Fit

Rick Warren

I. Introduction.

- A. Text: I Peter 1:13.
- B. Self-control and mental preparation go together.
- C. We are to love God with the mind. (Matthew 22)

II. Suggestions for keeping a person mentally fit for ministry.

- A. Guard the access to your mind. (II Corinthians 10:5)
 - 1. Against false teaching by knowing the truth.
 - 2. Against temptation. (Matthew 26:41, Psalm 103:3, Ephesians 6:17)
 - 3. Against counterfeit spiritual experiences. (Galatians 1:6-8)
 - 4. Against pride. (Philippians 2)
 - 5. Against an over-worked mind.
- B. Never stop learning. (Proverbs 19:8, 16:16)
 - 1. If you are not learning, you are not a disciple.
 - 2. Attitudes that keep one in a learning mode.
 - a. Openness. (Proverbs 18:15)
 - b. Humility. (Proverbs 11:2)
 - c. Enthusiasm. (Colossians 3:23)
- C. Schedule “think time.” (I Thessalonians 4:11, Proverbs 23:29)
- D. Develop a regular reading plan. (II Timothy 4)
 - 1. Leaders are readers.
 - 2. Avoid poisonous material. (Romans 16:19, Psalm 101:3)
 - 3. Avoid unnecessary material. (I Corinthians 10:23)
 - 4. Seek out brain food. (Philippians 4:8)

5. The Bible is our soul food. (Joshua 1:8)

E. Spend time with wise people. Develop a network—a brain trust. (Proverbs 13:20)

F. Learn to ask questions. Make a list of standard questions to ask people you admire or to people you minister. (Proverbs 20:5)

G. Write your ideas down. (Hebrews 2:7)

H. Take advantage of wasted moments to learn filtered through truth. (II Timothy 3:7)

Application questions:

1. What two things stand out to you about guarding access to your mind? What strikes you about them?

2. Make a list of at least five questions you can ask someone you admire. How can these questions help you to take away something from an encounter with that person?

3. What are five books you would like to read this month? How will these books help to develop you?
