**Title: Frame of Mind.**

**Romans 12:1-2; 8:6-10; 1 Corinthians 10:4-6**

Dr Akin Ayeni taught about psychosomatic illnesses (psychological conditions involving physical symptoms but lacking medical explanation. For example, hypertension, migraine and tension headaches. This is evidence of how much influence the mind has over the body.

***\*\*The software and the hardware comparison of what we think versus how we think\*\****

This series. - “**Frame of Mind**” is meant to help us understand how much influence the mind has over us both from a natural and spiritual standpoint. If we get a good grip of how our mind functions, we can lead a very healthy and productive life that is pleasing to God (Romans 8:6-10).

**FOUR BUILDING BLOCKS**

Without question, the mind is one of the most important components of our human composition. It houses three of the most important functions a person needs to relate with and experience the world, namely, **awareness**, **thinking, memory** and **feeling**. All four are the building blocks for consciousness. It does not matter how smart, thoughtful or even anointed a person is, if consciousness is absent nothing worthwhile happens. **A PERSON'S QUALITY OF LIFE IS DIRECTLY IMPACTED BY THE MIND. The way you think will determine the way you act and will result in how you fare.**

Awareness: you are cognizant of you and where you are.

Thoughts: consider, reflect, ponder, meditate, contemplate and imagine (mental exercise).

Memory: ability to retain information and experience and recall the same as needed.

Feeling: how we interact with the world by conveying your emotions.

**WHAT AND HOW**

For the most part, whenever the subject of the mind comes up, the tendency is to frame the conversation around **WHAT** we think - good, bad, right or wrong thinking. While **WHAT** a person thinks is central in the framework of how the mind functions Philippians 4:8. WHATyou think in and of itself is inadequate to help understand and maybe explain the functioning of the mind.

**HOW WE THINK IS IMPORTANT**

In addition to **WHAT** we think, **HOW** we think is equally important. In fact, the quality of the product of **WHAT** we think is correlated to **HOW** we think **WHAT** we think. Have you ever wondered why we “confess” and pray and “declare” and nothing ever happens? For the most part, the culprit is **HOW (Process)** we think. **YOUR FRAME OF MIND SHAPES YOUR WORLD VIEWS.**

**TWO TYPES OF HOW (FRAME OF MIND)**

Romans 12:2, helps us to understand **HOW** we think - we either think in a **CONFORMING** pattern or in a **TRANSFORMING** pattern. Broadly speaking, these two patterns are the **FRAME OF MIND (Attitude of the mind)** available to us. Our thoughts are raw materials with which our minds function. We are processing thoughts either with a conforming mindset or with a transforming mindset. You can have great thoughts, ideas and imagination and they die, while you may have an average thought, idea or imagination and they thrive depending on what frame of mind you possess Mark 4:14-20.

**THE CONSEQUENCE OF YOUR FRAME OF MIND**

1. **CONFORMING:** You are either stagnant or declining.
2. **TRANSFORMING:** As the name suggests, you are flourishing.
3. **The 4 quadrant of gift vs. frame of mind.** The difference between the rich and the poor is not money but mindset.

Carol Dweck, in her book “Mindset” categorized the mind into a fixed or growth mindset. From Romans 12:2**,** that conforming is fixed and transforming represents growth. The conforming frame of mind is like a dome that caps the possibilities of our minds, but the transforming frame of mind is like a rocket that places no limitations on our abilities.

**HOW DO YOU KNOW WHICH MINDSET IS PREVALENT (MANIFESTATION)?**

1. Your interpretation of things.
2. Your response to things.
3. Your inclination to situations/events.

In conclusion, Paul, in Romans 8:6-7**,** shows us another dimension, he calls it the **CARNAL** mind and the **SPIRITUAL** mind. He goes on to help us understand that the spiritual mind brings life and peace. If you find yourself worried, anxious, stressed, pressured, and can’t enjoy the simple things of life, you may be suffering from a conforming, fixed and **CARNAL** frame of mind.

**Life is complicated and complex with daily disturbances and distractions in everything and everywhere. Jobs are changing, the way we live is changing and all these have consequences.**

**However, thank God because He has made provision for us - soul care.**

**The journey to a keen sense of awareness, superior thinking, superb memory, and healthy emotions starts with a transformative frame of mind.**