

HOW TO REST THE MIND

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Philippians 4:8

A fatigued mind will always make wrong decisions. Life's activities can weigh down your thought process. The activities of raising a family, working, taking care of yourself, paying bills, going to school, etc can be a daunting task on the mind.

This topic is not commonly discussed but the mind **NEEDS REST**. A restful mind thinks clearly, accurately and precisely. A restful mind is focused and highly attentive to the important needs of your day. A restful mind sees the detail that needs to be addressed.

RESTFUL MIND

In order to rest the mind you must take **TIME** to control your focus. Separate yourself from the busyness of your day and channel your thoughts. Here's what I mean. Do

not think of your problems. Think of **POSSIBILITIES**. Do not think of your troubles. Think about God's **TRUTH**. Do not think about your fears. Think about your **FAITH**.

Do not think about what worries you. Think about what's **COMING TO YOU**. Do not think about what you need to do. Just **ENJOY** the current moment you're in.

The mind will rest when it's **NOT** working to solve problems. You should dedicate a portion of your day to solving problems but not all of it. When your mind is fatigued it will lack creativity, potency, wit and focus.

THE SEED OF WRONG DECISIONS

The foundation of making wrong decisions comes from fatigue. When your mind is fatigued do you like to read? No. When your mind is fatigued you are incapable of listening to the best of your ability.

When your mind is fatigued you cannot think of the best options and possibilities. When your mind is fatigued your judgment is clouded. Wrong decisions partially comes from a lack of knowledge but in totality it comes from a fatigued mind.

Resting your mind is an **INVESTMENT TOWARD THE QUALITY OF YOUR LIFE!** When you are able to make wise and right decisions you will receive righteous results.

Philippians 4:8 says, "*Brothers and sisters, think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected. Do what you learned and received from me, what I told you, and what you saw me do. And the God who gives peace will be with you.*"

There is a reason why God encourages us to think about **GOOD THINGS**. Thinking about good things and good experiences gives the mind a rest from labor intensive thinking and planning. Your body needs eight hours of

rest to rejuvenate itself. The mind works the same way. It needs rest to **PROCESS** problems accurately.

You will receive the best results when you rest your mind consistently. Your ideas, problem solving skills, creativity and energy will work at optimum performance levels when this happens.

**WHEN YOUR MIND IS WORKING WELL
SO WILL YOU!**

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