

## The Power of the Mind

The mind is a powerful thing, and we have the ability to basically do anything with it. It's something that has endless opportunities. Our minds can set us free or our minds can keep us locked up. Our minds can help reach the goal or they can hold us back from missing the mark. It can bring us torment or it can give us peace. Every emotion that we feel starts with our minds. We've all heard the saying "whatever you focus on because most real" and in reality there are two spirits that influence our thinking, the spirit of Yahweh and the spirit of Satan.

According to the dictionary the mind is the element, part, substance, or process that reasons, thinks, feels, wills, perceives, judges, etc.

Every action that we do in our lives, starts with a thought whether that would be in a negative way or a positive way. Thought becomes action, action becomes sin or righteous deeds, sin becomes death or righteous deeds becomes life.

*Exodus 13:9* -And it shall be for a sign to you on your hand, and a memorial between your eyes, so that the Torah of YAHWEH may be in your mouth. For with a strong hand YAHWEH brought you out from Egypt.

*Between the eyes*, our minds, our thinking and "Sign on your hand", again thought turns into action.

When we look up the Hebrew word for mind there are actually several different meanings for it. The first one we see is in Deuteronomy 28:58-68.

Now here this is a stark warning to the Israelites before they left the wilderness.

Verse 28:65 "sorrow of mind" for not keeping the commandments YAHWEH, you will have a state of sorrow in your mind, basically torment, weariness, doubt. We know that with doubt is basically just fear and fear is just torment. What's interesting in this verse, is the word for mind is "Nafesh" in the Hebrew. Nafesh, which means a living soul. You will have sorrow of soul. So our mind is basically our nafesh, our soul, "so a man thinks, so a man is.

Genesis 6:5 "And Yahweh saw that the evil of man was great on the earth and every imagination of the thought of his heart was only evil all the day long."

Now let's look at verse *Isaiah 26:3*. You will keep in perfect peace the mind stayed on you, for he trusts in you."

The word for mind here in the Hebrew is Yetsar, which literally means a form; figuratively, conception (i.e. purpose):—framework, thing framed, imagination, mind, work.

Our mind is like the framework of our lives. Think of a house, first you pour the foundation, which is basically our upbringing within life, then you build the framework, which is what shapes our thoughts, and then once you have that it's decorated to the designers liking and filled with personal possessions, etc. Our minds are filled with whatever we basically put into it good and bad.

*Romans 7:22-25* (verse 23, "the law of my mind", the framework of my mind)

Now let's look at Jeremiah 51:50 "You who have escaped the sword, go away, Do not stand still. Remember (Aleph/Tav) Yahweh afar off and let Jerusalem come into your mind."

The word for mind here is levab, which can mean, mind, understanding, courage, comfortable, but it comes from the root lev which means heart. Here in the verse our mind is compared to our heart "let Jerusalem come into your heart, your mind!"

We know that the bible says the heart is deceitful, and why is that? It's because from the heart, we have emotions, but emotions don't literally come from our heart because our heart is just basically a muscle in our body that pumps blood, but all emotions start in our mind. If we feel good, it's because it triggered that in our mind, if we feel bad, it's because our negative thinking.

**Matthew 12:34** "Generation of vipers! How can you, being evil, speak good things? For out of the abundance of the heart the mouth speaks."

**Jeremiah 17:9** "the heart is deceitful above all things, and it is incurable; who can know it"

**Romans 8:27** But the One searching the hearts knows what is the mind of the Spirit, because He petitions on behalf of the saints according to Elohim. (The Frame work of our spirit)

One of the most difficult things to deal within our minds is our perception. Perception can come in many different forms, both positive and negative. And what is perception? Feelings, and feelings come from the heart (figuratively), and from the heart, the mind, turns into action, whether that be physically or mentally.

Another word for mind in scripture is Daniel 5:20, now this is Daniel saying to Belshazzar, the grandson of Nebuchadnezzar, when he was interrupting the writing on the wall. "But when his heart was lifted up, and his mind hardened in pride, he was put down from the throne of this kingdom, and they took his glory from him." Now the word here for mind is "ruach" which we know means spirit. His spirit hardened in pride. So here our mind is compared to our spirit, what's inside of us, whether that be good or bad.

**Proverbs 25:26** "a man to whom there is no control to his spirit is like a broken down city without a wall." (a man not in control of his mind is like a broken down city without a wall)

**Jacob 1:6-8** "But let him ask in faith, doubting nothing. For the one who doubts is like a wave of the sea being driven by wind and being tossed; for do not let that man suppose that he will receive anything from the almighty; he is a double – souled man, not dependable in all his ways." (a doubled minded man)

If we aren't in control of our mind, then we are compared to a broken down city without walls. Doubt, a feeling that we get in our mind brings torment, because you don't have peace in your mind. Have you ever dwelled on a doubt? How did you feel? Your mind can shake the very essence of your soul, if you let negative perception, sinful thoughts, negative thinking, doubts, fears or anything else that's of the flesh infiltrate your mind, you literally dig yourself into a pit and with great difficulty it's hard to get back to where you started before you fell into that pit.

To give you an example, fisherman in Nicaragua, when they catch crabs they have a trap with a whole on the top to let them pass. Now the crabs could get out through the same whole if they tried but they won't because, once you have more than one crab in the basket, as soon as he reaches the top, the other crabs pull him down, so it's like an endless cycle, leading ultimately to their death because they end up on someone's plate. How much more do our own thoughts sometimes make us feel like this? When you get trapped into a basket, you try to get out but there are other crabs, thoughts that drag us back into that same basket and we try so hard to get out of it. Like I said before, we have two spirits that influence all of our thinking whether that be positive or negative. So our mind, the ruach, can have the power to hold us up in bondage or set us free from captivity.

**Romans 7:5-6** "For when we were in the flesh, the passions of sin were working in our members through the Law for the bearing of fruit unto death. But now we have been set free from the penalty of the Torah, having died to that in which we were held, so as for us to serve in newness of spirit and not in oldness of letter."

One more meaning of the mind in scripture comes from Psalm 16:4 "I will bless Yahweh, who advised me. My mind also teaches me in the nights." The Hebrew word here is Kilyaw and it means reins, which literally means kidneys and figuratively means the mind! Now according to the dictionary it says that reins are the seat of the feelings or affections, formerly identified with the kidneys.

Now why is the mind compared to the kidneys? Let's look at the definition of kidneys.

Definition: either of a pair of bean-shaped organs in the back part of the abdominal cavity that form and excrete urine, regulate fluid and electrolyte balance, and act as endocrine glands.

Every day, the two kidneys filter about 120 to 150 quarts of blood to produce about 1 to 2 quarts of urine, composed of wastes and extra fluid. The urine flows from the kidneys to the bladder through two thin tubes of muscle called ureters, one on each side of the bladder.

The kidneys are important because they keep the composition, or makeup, of the blood stable, which lets the body function. They

- prevent the buildup of wastes and extra fluid in the body
- keep levels of electrolytes stable, such as sodium, potassium, and phosphate
- make hormones that help
  - regulate blood pressure
  - make red blood cells
  - bones stay strong

So basically our kidneys are the filtration system of our body and without them we would cease to exist, because we couldn't live without them.

Now how does this compare to our minds? Our minds are like our kidneys of this world, everything that comes in and out of them whether that be good or bad. Life is brought to us through 5 senses, seeing, hearing, touching, tasting, smelling and all of these senses start and influence every thought and every action in our minds. It says that kidneys filter out 120-150 quarts of blood everyday, now how many thoughts does your brain filter out everyday?

**Ephesians 6:12** “For our conflict is not with flesh and blood, but with principalities and with those in authority and with the possessors of this dark world and with the evil spirits that are beneath heaven.”

Also, what do kidneys filter, blood! What does your mind filter, life! Life is in the blood. So maybe this is why the word Kilyaw literally means kidneys but figuratively means the mind. It's kind of interesting that if you stick two kidneys or more literal for us two kidney beans, together it kind of looks like a brain.

**Leviticus 17:14** “For it is the life of all flesh; its blood is for its life. And I say to the sons of Israel, You shall not eat blood of any flesh, for the life of all flesh is in the blood; anyone eating it is cut off.”

Here are some more scriptures that reference this same word.

**Job 19:27** “whom I shall see for myself, and my eyes shall behold, and not stranger; though my reins be exhausted in my bosom.” Reins, “kilyaw” my mind be exhausted in my bosom. What's in your bosom? Your heart! What is your heart? Your thoughts!

**Psalms 7:9** “oh let the evil of the wicked come to an end; and you will establish the just; for the righteous Elohim is a trier of hearts and reins.” There's that word again reins, basically your mind, and we see that the heart and mind are tied in together again.

On a side note, one other interesting thing to add is the word reins also means “a leather strap, fastened to each end of the bit of a bridle, by which the rider or driver controls a horse or other animal by pulling so as to exert pressure on the bit.” Our minds are what controls everything we do, think, speak, etc.. So imagine a horse being ridden by his master, who's holding those reins? Remember there are two spirits in this world, two masters, light or darkness. Ok so your master is holding the reins, so what are our reins again? Our mind and our mind is connected to the bridle and what's the bridle?

**Jacob 3:2-5** The Tongue! Do you see where I'm going with this? Everything is interconnected somehow and it all starts in the mind.

Some other scriptures that we see this word kilyaw occurring:

**Psalms 16:7** “I will bless Yahweh, who advised me. My mind also teaches me in the nights.” Again like our kidneys, usually we filter out everything that occurred during our day, whether that be good or bad.

**Psalms 26:2** “Examine me, o Yahweh, and prove me; purify my reins and my heart.” Heart and reins again! They're connected!

**Psalms 73:21** “For my heart was in a ferment, and I was pierced in my reins.”

**Psalms 139:13** “For you have possessed my inward parts; you wove me in the womb of my mother.” Inward parts is the same word here, “kilyaw”

**Proverbs 23:16** “and my reins shall rejoice when your lips speak right things.” My reins, my soul, my spirit, my heart, my mind!

**Jeremiah 11:20** “But, O Yahweh of Hosts who judges with righteousness, who tries the reins and the heart, let me see your vengeance on them. For to you I have laid open my cause.”

**Jeremiah 12:2** “You planted them; yea they take root, they grow, they even make fruit. You are near in their mouth, and far from their reins.”

**Jeremiah 17:10** “I, Yahweh, search the heart, I try the reins, even to give to each man according to his ways, according to the fruit of his doings.”

**Jeremiah 20:12** “But, O Yahweh of Hosts, who tries the righteous, who sees the reins and the heart, let me see your vengeance on them; for I have revealed my cause to You.”

**Lamentations 3:13** “He caused the sons of His quiver to enter into my inward parts.” The word inward parts is the same word.

**Revelation 2:23** “And I will kill her children with death; and all the congregations will know that I am the One searching the inner parts and hearts. And I will give to each of you according to your works.” Again the word inner parts is the same word “reins” but a different word in the Greek.

So we see that the mind is basically everything, it’s compared to our heart, our souls, our spirits, our inner parts, our kidneys, our reins, our framework and the one thing that needs to be controlled and influenced by the right spirit of this world. Yahweh’s Spirit, the Spirit of light and not the spirit of darkness.

Now Yahshua said in Matthew 5 that sin starts in the mind.

**Matthew 5:21** You have heard that it was said to the ancients “do not commit murder!” And, whoever commits murder shall be condemned to the judgment. Also verse 27-28 “You have heard that it was said to the ancients “do not commit adultery.” But I say to you, everyone looking at a woman to lust after her has already committed adultery with her in his heart.”

So were all sinners and in need of a Savior, that’s why Yahshua came and died for us. Our minds, our human nature have been enmity towards Yahweh’s way since the beginning.

**Genesis 3:6** “And the woman saw that the tree was good for food, and that it was pleasant to the eyes, and that the tree was desirable to make one wise. (Wise, free thinker, human nature) And she took of its fruit and ate; and she also gave to her husband with her and he ate.”

**Romans 8:6-7** “To be carnally minded is death, but to be spiritually minded is life and peace; because the mind of the flesh is enmity towards Elohim; for it is not subject to the Torah of Elohim, for it is not possible to be so.”

So it’s an everyday battle to keep our minds subject to the spirit of Yahweh. Paul, said “o wretched man that I am!” how many times do you feel this way sometimes? You could appear normal and peaceful to someone on the outside but on the inside it’s like the greatest battle of all time.

**1<sup>st</sup> Peter 2:11** “Beloved, I exhort you as pilgrims and strangers to abstain from fleshly lusts which war against the soul.”

Let’s face it, our minds, our flesh is constantly an ongoing battle and it can be quite exhausting sometimes. Especially if you’re a continuous thinker like I am.

But we must not give up because that’s when we fall into Satan’s trap, and put ourselves into a pit that we’ll never get out of and then will literally be turned over to him.

**1 Chronicles 28:9** “And you, my son Solomon, know the Elohim of your father, and serve Him with a perfect heart, and with a willing mind. For YAHWEH searches out all hearts, and He understands every imagination of thoughts. If you shall seek Him, He shall be found by you. But if you forsake Him, He will reject you forever.”

**Romans 1:28** “And as they did not determine within themselves to know Elohim, YAHWEH has given them over to a vain mind; that they might do what they ought not.”

**Revelation 17:13** “These have one mind, and their power and authority they shall give up to the beast.”

**Revelation 17:17** “For Elohim gave into their hearts to do His mind, and to act in one mind, and to give their kingdom to the beast, until the Words of Elohim shall be fulfilled.”

**Romans 11:20** “Well! For unbelief they were broken off. And you stand by faith. Do not be high minded, but fear.”

These are very sobering scriptures, so we must never give up and always have the fear of Yahweh.

**Revelation 21:7** “The one overcoming will inherit all things, and I will be Elohim to him, and he will be the son to Me.

And we must always work daily to put on the mind of Messiah. How do we do this?

**1<sup>st</sup> Peter 4:7** “But the end of all things has drawn near. Be of sound mind then, and be mindful of prayers.”

**2<sup>nd</sup> Timothy** “For Yahweh did not give a spirit of cowardice to us, but of power and of love and of good discipline.” Some of the other translations say “and of sound mind.”

We need to be of sound mind. What does it mean to be of sound mind? It primarily means, to be coherent, rational, healthy, free from injury or disease, free from flaw, defect, or decay, solid, firm.

**2<sup>nd</sup> Corinthians 10:3-5** “For though we do live an earthly life, yet we do not serve worldly things; for the weapons of our warfare are not fleshly, but of the power of Elohim to the demolition of strongholds, casting down imaginations and very false thing lifting up itself against the knowledge of Elohim, and bringing into captivity every thought into the obedience of Messiah.”

So when we start to put on the mind of Messiah and let His spirit work through us in our daily lives by drawing closer to Him through relationship, Yahweh gives us a sound mind, a spirit of self-discipline.

**Romans 12:2-3** “And be not conformed to this but be transformed by the renewing of your mind, in order to prove by you what is the good and pleasing and perfect will of Elohim. For through the grace which is given to me, I say to everyone being among you, not to have high thoughts beyond what is right to think. But set your mind to be right-minded, even as Elohim divided a measure of faith to each.”

We start to think differently, and by allowing His word to work in our minds it safeguards us against, emotions, it defends us from demonic assault or influence, and shields us from arrows the enemy may try to shoot in your direction in order to arouse a spirit of fear inside you.

But Satan's not dumb, there's a reason why the bible calls him "cunning" in the Genesis 3:1. He knows how to attack people when they are the most vulnerable or at their weakest point. Satan has no authority, but where he attack us is in the mind. He literally plays mind games on people, creating illusions or sparks up double minded thinking. Or perception! This a huge one where Satan traps us

Take Eve in the Garden of Eden, when she was tempted by the serpent. He had no authority over her, he couldn't touch her but what he did is influenced her mind. He influenced her thinking, Yahweh said if you eat of it you will die, but what did Satan say, "you will not die." He manipulated her thinking by putting a little bit of doubt in her, a little bit of double thinking and what was the end result? We all know.

Another example of this is when the Israelites were leaving Egypt. They were all singing and rejoicing but when they approached the Red Sea and saw the Egyptians creeping up on them, what did they do? They doubted, they allowed Satan to influence their thinking by what was physically in front of them. "Were there no graves in Egypt that you have taken us away to die in the wilderness?" Despite of this Yahweh delivered them. Afterwards, once they crossed over and saw the great miracle of Yahweh, they started singing glory and praises to His name, but then 3 days later what did they do?

**Exodus 15:24** "And the people murmured against Moses, saying, what shall we drink?"

They started murmuring because they went three days and three nights without food and water. They were physically weak, so they played right into Satan's hand because he influenced their mind. They weren't of a sound mind, or in tune with Yahweh, they were focusing too much on the physical and not the spiritual. And he knew, Satan, exactly how to get them.

Another example, of many, where the Israelites were prowled on by Satan infiltrating their thoughts was when they were camped out at Mount Sinai and Moses was up in the mountain 40 days receiving the Ten Commandments. They thought he had died, so they feared (first mistake) and instead of waiting on Yahweh, waiting for Moses, they decided to take matters into their own hands. Again Satan played on their emotions, and by doing so, brought forth the golden calf. Now these people were carnally minded and not spiritual minded, so Satan had a field day with them all throughout the time in the wilderness. But what did Moses do after destroying the golden calf? He put it in the water! Why did he put it in the water? To make them smarter! Medical studies have shown that by taking colloidal gold (like colloidal silver) leads to creativity, energy and well-being, Hand-eye coordination, better meditation (not in a pagan standpoint), memory, mental activity, mental focus, etc.

Moses knew exactly what he was doing and wanted to get their minds thinking better, to get them in that physical sound mind realm, because they were too carnally minded. Now did it work? I'm sure it did for a time but they were too focused on the physical and not the spiritual, so we know they end result of all this.

**Titus 1:15** "Truly, all things are pure to the pure, but nothing is pure to those being defiled and faithless, but even their mind and conscience has been defiled."

Now on the other side, is with Job. Job was a righteous man, but very prideful so Satan wanted to see if he could break his mind, break his state of thinking, when he was at his weakest and turn against

Yahweh. He went through a lot of trials and hardships, physically and mentally, even to the point where his own wife told him to curse Elohim and die.

**Job 2:9-10** “And his wife said to him, are you still holding fast to your integrity? Curse Elohim and die! But he said to her, You speak like the foolish ones speak. Also, shall we receive good at the hand of the Elohim, and shall we not receive evil? In all this Job did not sin with his lips.”

See Job had a lot of self-pity but he didn't allow Satan to penetrate his mind to the point where he was ready to curse Elohim. He endured his suffering and overcame the conniving plot of the adversary.

**Romans 12:2-3** “And be not conformed to this age, but be transformed by the renewing of your mind, in order to prove by you what is the good and pleasing and perfect will of Elohim. For through the grace which is given to me, I say to everyone being among you, not to have high thoughts beyond what is right to think. But set your mind to be right-minded, even as Elohim divided a measure of faith to each.”

Now even Yahshua was attacked by Satan when he was physically weak wandering around the desert for 40 days. **Read Matthew 4:1-11.**

**Romans 6:12** “Then do not let sin reign in your mortal body, to obey it in its lusts.”

**Read Romans 8:4-11**

Yahshua was spiritually minded and not carnally minded and didn't allow Satan to penetrate his thoughts.

Now think about how much Satan will try to penetrate your thoughts if you went 3 days without food and water. It's not easy, and he's a devouring lion whenever we are at our weakest point, so that's why we have to try our best to subdue our minds.

**Jacob 3:2** “For we all stumble in many ways. If any one does not stumble in word, this one is a mature man, also able to subdue the whole body.”

The enemy will literally try to assault you mentally and emotionally in an attempt to stop your progress, but we don't have to fear because as long as we put on the messiah, Satan has no authority over us.

**Jacob 4:7-8** “Then submit to Yahweh. Resist the devil and he will flee from you. Draw near to Elohim, and He will draw near to you. Cleanse your hands sinners! And purify your hearts, double minded ones!”

And once the spirit of the adversary leaves you, only then will you have peace.

**Luke 8:35** “And they went out to see the thing happening, and came to Yahshua. And they found the man from whom the demons had gone out, sitting at the feet of Yahshua, clothed and of sound mind. And they were afraid.

Yahweh also tells us that in order to be unified as a congregation of believers that we should all be in the same mind and this can only happen when the believers are fully 100% voluntarily submitting their will to YHWH, His judicial order and His set apart ministry that He has ordained to keep order and proper doctrine in the congregation. The judgment would always be rendered from the principles of the Torah. (Don's Note)

**1<sup>st</sup> Corinthians 1:10** "Now I beseech you, brothers, through the name of our Master Yahshua Messiah that you all say the same thing, and there be no divisions among you, but you be united in the same mind and in the same judgment."

**Phillippians 2-5** (Read)

Again a choice, a mindset we have the power to follow or we have the power to not follow.

The fruits of the flesh Galatians and the fruits of the spirits **5:16-25 (read)**, all of these are choices that start with thoughts in the mind. The mind controls how we act and what emotions we feel. Now thoughts in general are not sin, but it's when we dwell on the thoughts they can lead to sin, so we need not to dwell on them and filter them out. Also, emotions aren't bad, but like Solomon said, they is a time for everything, and if we aren't in control of our emotions, in control of our spirits, in control of our minds then we are compared to a broken down city without walls (**Proverbs 28:25**).

Like scripture calls it, our minds are like the reins of our lives. It has a lot of power that comes with it, to the point if you believe you're sick, then you'll probably get sick, or vice versa if you believe that a pill is working (placebo) or believe that you can be healed, it most likely will come to pass. The power of belief that our minds have, is a force to reckon with. But again it comes down to a choice that starts in your mind.

**Deuteronomy 30:19** "I call Heaven and earth to witness against you today that I have set before you life and death, the blessing and the curse. Therefore, choose life, that you and your seed may live."

But again we are only human and it's really hard not to focus on the cares of life, but Yahshua said in **Luke 12:29** "And you, do not seek what you shall eat, or what you shall drink, nor let your mind be disturbed by these things,." **Colossians 3:2** "set your mind on the things above, not on things on the earth."

**Phillippians 4:6-7** "Do not worry about anything but in everything by prayer and by petition with thanksgivings and let your requests be known to Elohim; and the peace of Yahweh which surpasses all understand will keep your hearts and your minds through Messiah Yahshua."

So we need to try our best to let it go and focus on the kingdom of Yahweh, because we were promised that He will take care of every need.

**Read Matthew 6:25-34**

So let us love YAHWEH our Elohim with all our heart, and with all our soul, and with all our mind, (Matthew 22:37), and by doing so we can focus on what matters. Let's run the race towards the kingdom of Yahweh and put on the mind of messiah, and try our best to block everything out.

**1 Corinthians 9:25-27** "And every man who battles in the contest frees his mind from everything else. And yet they run to win a crown that is perishable, but we to win one that is everlasting. So I run accordingly, as not uncertainly; so I fight, as not beating air; but I conquer and subdue my body, so that, by no chance, when I have preached to others, I myself will be rejected."

**2<sup>nd</sup> Timothy 4:5** "But you be clear-minded in all, suffer hardship, do the work of an evangelist, and fulfill your ministry."

So I leave you with:

**John 16:33** "I have spoken these things to you that in me you may have peace. In the world there will be affliction to you, but take courage, I have conquered the world."