

SOUNDNESS

"Pastor, why do Christians get so emotional and unpredictable at times? It's as if they are not capable of being prudent or sensible! This may be true but according to God's word it should not be the case. 2 Timothy 1:7 says, **"For God has not given us a spirit of timidity and fear, but of power and of love and of a sound mind."** A sound mind (or wise discretion) in the Greek is literally a well-behaved mind, and denotes 'excellent judgment, disciplined thought patterns, self-control and the ability to make right decisions under pressure'. Notice, to have a well behaved mind requires disciplined thought patterns, and this is probably the key to soundness. According to scripture, whenever we choose to remember our past victories, and have an attitude of gratitude and thanksgiving towards God (especially in the midst of adverse conditions), such behaviour reflects a sound mind. That is, a mind that is sensible, exercising good judgment, and is also displaying controlled behaviour. 2 Timothy 1:7 is a very important verse for all of us because it confirms that we are not to have any fears except to fear the Lord. God has given us the Holy Spirit - who is the Spirit of power, love and a sound mind - and He has done this for a good reason. The Holy Spirit is always seeking to manifest the "mind of Christ" so that we can act just like Him (1 Corinthians 2:16).

1 Peter 1:13 tells us that our minds should be alert and fully sober! Such a mind is sound, clear-thinking, and focused on God and on the Truth. It is not a confused or muddled mind; it is not easily distracted. Rather, it is sensible and practical in its judgements and actions. Remember, we get inspiration, clarity and discernment from the Holy Spirit - who is continually at work, transforming us into the exact likeness of Jesus Christ. Therefore, our thoughts and attitudes should be framed in His love and infused with His power. Soundness has nothing to do with timidity because timidity is associated with fearfulness. If you are anxious, or entertain any type of fear, this is evidence that you are not trusting God. You must lay all your fears at His feet and leave them there. Doing this will infuse you with the power of God and you will become more like Him. This is a promise of God. So if you stand on it, and lay your fears down, you will discover how effective the power of Christ is in your life. And as a result, you have a mind that functions well - a well-behaved mind that has the ability to make right decisions under pressure.

At some time or other, we will all go through various trials and hardships in life. And it is during these times, when we are under pressure, that we need to be able to make the right decisions. So isn't it comforting to know that the Holy Spirit (in us) will manifest a "sound mind" whenever we need to make right decisions! Not only that, but He will help us to pray according to the will of the Father... **"Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God"** (Romans 8:26-27).