



~ Thought For The Day ~

~gathering from the 4 winds~

“come just as you are”

Refresh, Restore, Rebuild = Healing



Vol. 19 Issue 354

Feb.06, 2012

Worship Music

[True Things-JJ Heller](#)

[Save Me-JJ Heller](#)

[Your Hands-JJ Heller](#)

[Walk On Water-
Britt Nicole](#)

[You Are More-Tenth
Avenue North](#)

[Let It Go-Tenth Avenue
North](#)

Prayer

Lord, I thank You by faith that I am NOT going crazy and I am NOT losing my mind. The stress and pressure I've been facing is going to pass, and I know You will bring me through these challenging times. You promised me a sound mind, and that is exactly what You have given me. I can't ever thank You enough or fully express my gratitude for the power, love, and sound mind You have given to me that will carry me safely through these times. Give me Your wisdom, knowledge, intelligence and understanding, flood me with Your discernment in all situations. Remind me to test the spirits and to always be reminded of wolves in sheep's clothing. Place Your guard around my mind and spirit in Jesus' name. Amen.

Scripture

Exodus 19: 1-25 (AMP)

1 IN THE third month after the Israelites left the land of Egypt, the same day, they came into the Wilderness of Sinai. 2 When they had departed from Rephidim and had come to the Wilderness of Sinai, they encamped there before the mountain. 3 And Moses went up to God, and the Lord called to him out of the mountain, Say this to the house of Jacob and tell the Israelites: 4 You have seen what I did to the Egyptians, and how I bore you on eagles' wings and brought you to Myself. 5 Now therefore, if you will obey My voice in truth and keep My covenant, then you shall be My own peculiar possession and treasure from among and above all peoples; for all the earth is Mine. 6 And you shall be to Me a kingdom of priests, a holy nation [consecrated, set apart to the worship of God]. These are the words you shall speak to the Israelites. 7 So Moses called for the elders of the people and told them all these words which the Lord commanded him. 8 And all the people answered together, and said, All that the Lord has spoken we will do. And Moses reported the words of the people to the Lord. 9 And the Lord said to Moses, Behold, I come to you in a thick cloud, that the people may hear when I speak with you and believe you and remain steadfast forever. Then Moses told the words of the people to the Lord. 10 And the Lord said to Moses, Go and sanctify the people [set them apart for God] today and tomorrow, and let them wash their clothes. 11 And be ready by the third day, for the third day the Lord will come down upon Mount Sinai [in the cloud] in the sight of all the people. 12 And you shall set bounds for the people round about, saying, Take heed that you go not up into the mountain or touch the border of it. Whoever touches the mountain shall surely be put to death. 13 No hand shall touch it [or the offender], but he shall surely be stoned or shot [with arrows]; whether beast or man, he shall not live. When the trumpet sounds a long blast, they shall come up to the mountain. 14 So Moses went down from the mountain to the people and sanctified them [set them apart for God], and they washed their clothes. 15 And he said to the people, Be ready by the day after tomorrow; do not go near a woman. 16 The third morning there were thunders and lightnings, and a thick cloud upon the mountain, and a very loud trumpet blast, so that all the people in the camp trembled. 17 Then Moses brought the people from the camp to meet God, and they stood at the foot of the mountain. 18 Mount Sinai was wrapped in smoke, for the Lord descended upon it in fire; its smoke ascended like that of a furnace, and the whole mountain quaked greatly. 19 As the trumpet blast grew louder and louder, Moses spoke and God answered him with a voice. 20 The Lord came down upon Mount Sinai to the top of the mountain, and the Lord called Moses to the top of the mountain, and Moses went up. 21 The Lord said to Moses, Go down and warn the people, lest they break through to the Lord to gaze and many of them perish. 22 And also let the priests, who come near to the Lord, sanctify (set apart) themselves [for God], lest the Lord break forth against them. 23 And Moses said to the Lord, The people cannot come up to Mount Sinai, for You Yourself charged us, saying, Set bounds about the mountain and sanctify it [set it apart for God]. 24 Then the Lord said to him, Go, get down and you shall come up, you and Aaron with you; but let not the priests and the people break through to come up to the Lord, lest He break forth against them. 25 So Moses went down to the people and told them.

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Exodus 19. God's Voice on Mount Sinai

They were at Mount Sinai about 11 months (v. 1 ; Numbers 10:11). In a terrific thunderstorm, accompanied by earthquakes and supernatural trumpet blasts, and the mountain capped with terrifying flames, God spoke the Ten Commandments and gave the Law.

Five hundred years later, at this same mountain, the prophet Elijah was given a hint that God's work would be accomplished, not by meMount Sinai.

"On the morning of the third day there was thunder and lightning, with a thick cloud over the mountain, and a very loud trumpet blast. Everyone in the camp trembled. Then Moses led the people out of the camp to meet with God, and they stood at the foot of the mountain. Mount Sinai was covered with smoke, because the Lord descended on it in fire. The smoke billowed up from it like smoke from a furnace, the whole mountaintrembled violently, and the sound of the trumpet grew louder and louder. Then Moses spoke and the voice of God answered him" (Exodus 19:16–19).ans of fire and earthquake, but by the still, small voice, the "gentle whisper" of God's message (1 Kings 19:11–12).

Mount Sinai...For a people who had never known anything but the flat country of Goshen and the Nile delta, Mount Sinai itself must have been imposing indeed. And it is little wonder that the people were terrified when the Lord appeared: (Halley's Bible Handbook; Henry Halley; 2000; Zondervan; Bible History & Commentaries; page 147)

Mount Sinai: VV 5-6 A priest was a man who stood before God representing the people, but he also stood before them representing God. They were to be a special people who would represent God before the world. God is looking for people to represent Him. V 10 The people were to cleanse themselves before God. Washing their clothes symbolized their need for thorough cleansing; heart, soul, mind, and strength. God called them to sanctification set apart for His use. V 15 They were to refrain from sexual relations, setting themselves aside for God for three days. V 17 They stood away from the mountain. V 22 Some of the priests apparently didn't sanctify themselves. In the book of Hebrews we read where some of the priests, died on this day (Hebrews 12:25-26). Moses is told to tell the priests that they're not excluded from this. (Old Testament Study Guide; The Word For Today; 2005; Chuck Smith; Commentaries; page 33).

What Does It Mean To Have a 'Sound Mind'?**2 Timothy 1:7**

In moments of stress, pressure, or fear or when you're so exhausted you can't think straight, have you ever been tempted to say, "Dear God, what is wrong with me? I feel like I'm losing my mind"?

If you've ever felt this way before or if you're tempted to think like this right now, let me assure you: You're not going crazy! God's Word declares that you have been given a sound mind that works even in the craziest and most difficult situations!

Let me give you an example from the Bible. When Paul wrote the book of Second Timothy, it was a very difficult time for the Early Church. Due to Nero's insanity, he was persecuting believers everywhere—and his methods of persecution were gruesome and cruel. At that time, Timothy was the pastor of the church of Ephesus. He knew that Nero's secret police would take special pleasure in killing him in some barbaric way if they ever got their hands on him.

As Timothy considered the threat against his life, a spirit of fear tried to grab hold of him. That's why Paul told Timothy in Second Timothy 1:7, "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."

I want to especially point your focus to the words "sound mind." This phrase is taken from the Greek word *sophroneo*, which is a compound word combining *sodzo* and *phroneo*. The Greek word *sodzo* means to be saved or delivered. It suggests something that is delivered, rescued, revived, salvaged, and protected and is now safe and secure. One expositor suggests that the word *sodzo* could actually depict a person who was on the verge of death but then was revived and resuscitated because new life was breathed into him.

The second part of the phrase "sound mind" comes from the Greek word *phroneo*, which carries the idea of a persons intelligence or total frame of thinking—including his rationale, logic, and emotions. The word *phroneo* refers to every part of the human mind, including all the processes that are engaged in making the mind function and come to conclusions.

When the words *sodzo* and *phroneo* are compounded into one word, they form the word *sophroneo*, which pictures a mind that has been delivered, rescued, revived, salvaged, and protected and is now safe and secure. Thus, even if your mind is tempted to succumb to fear, as was the case with Timothy, you can allow God's Word and the Holy Spirit to work in you to deliver, rescue, revive, and salvage your mind. This means your rationale, logic, and emotions can be shielded from the illogically absurd, ridiculous, unfounded, and crazy thoughts that have tried to grip your mind in the past. All you have to do is grab hold of God's Word and His Spirit. The word *sophroneo* in Second Timothy 1:7 could be translated:

"God has not given you a spirit of fear, but of power and of love—He has given you a mind that has been delivered, rescued, revived, salvaged, protected, and brought into a place of safety and security so that it is no longer affected by illogical, unfounded, and absurd thoughts."

You see, when your mind is guarded by the Word of God, you think differently. When the Word of God is allowed to work in your mind, it safeguards your emotions; it defends your mind from demonic assault; and it shields you from arrows the enemy may try to shoot in your direction in order to arouse a spirit of fear inside you.

Why is it important for you to understand this? Because when you begin to live a life of faith—when you reach out to do the impossible—the enemy will try to assault you mentally and emotionally in an attempt to stop your progress. For instance, he may speak to your mind, saying things like, You can't do this! This doesn't make sense! Are you crazy?

So what do you do when the devil tries to convince you that you're losing your mind? What do you do if you're confused due to stressful situations and so tempted to fear that you can't think straight? Go get alone with the Lord and give Him your concerns. As you focus on Jesus and release all those burdens, you'll find that your mind is working fine! Second Timothy 1:7 promises you a sound mind; therefore, you have the right and privilege to tell the devil to shut up and then to declare by faith that your mind is sound, safe, and secure!

QUESTIONS FOR YOU TO CONSIDER

Have you ever had a moment in your life when you were tempted to think that you were going crazy or that you were losing your mind?

What kind of circumstances were you facing in your life at that time?

What actions did you take during that difficult time that helped bring you back in touch with the "sound mind" that rightfully belongs to you?

Sparkling Gems from the Greek.

2 Timothy 1:1-18 (AMP)

1 PAUL, AN apostle (special messenger) of Christ Jesus by the will of God, according to the promise of life that is in Christ Jesus, 2 To Timothy, [my] beloved child: Grace (favor and spiritual blessing), mercy, and [heart] peace from God the Father and Christ Jesus our Lord! 3 I thank God Whom I worship with a pure conscience, in the spirit of my fathers, when without ceasing I remember you night and day in my prayers, 4 And when, as I recall your tears, I yearn to see you so that I may be filled with joy. 5 I am calling up memories of your sincere and unqualified faith (the leaning of your entire personality on God in Christ in absolute trust and confidence in His power, wisdom, and goodness), [a faith] that first lived permanently in [the heart of] your grandmother Lois and your mother Eunice and now, I am [fully] persuaded, [dwells] in you also. 6 That is why I would remind you to stir up (rekindle the embers of, fan the flame of, and keep burning) the [gracious] gift of God, [the inner fire] that is in you by means of the laying on of my hands [with those of the elders at your ordination]. 7 For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of calm and well-balanced mind and discipline and self-control. 8 Do not blush or be ashamed then, to testify to and for our Lord, nor of me, a prisoner for His sake, but [with me] take your share of the suffering [to which the preaching] of the Gospel [may expose you, and do it] in the power of God. 9 [For it is He] Who delivered and saved us and called us with a calling in itself holy and leading to holiness [to a life of consecration, a vocation of holiness]; [He did it] not because of anything of merit that we have done, but because of and to further His own purpose and grace (unmerited favor) which was given us in Christ Jesus before the world began [eternal ages ago]. 10 [It is that purpose and grace] which He now has made known and has fully disclosed and made real [to us] through the appearing of our Savior Christ Jesus, Who annulled death and made it of no effect and brought life and immortality (immunity from eternal death) to light through the Gospel. 11 For [the proclaiming of] this [Gospel] I was appointed a herald (preacher) and an apostle (special messenger) and a teacher of the Gentiles. 12 And this is why I am suffering as I do. Still I am not ashamed, for I know (perceive, have knowledge of, and am acquainted with) Him Whom I have believed (adhered to and trusted in and relied on), and I am [positively] persuaded that He is able to guard and keep that which has been entrusted to me and which I have committed [to Him] until that day. 13 Hold fast and follow the pattern of wholesome and sound teaching which you have heard from me, in [all] the faith and love which are [for us] in Christ Jesus. 14 Guard and keep [with the greatest care] the precious and excellently adapted [Truth] which has been entrusted [to you], by the [help of the] Holy Spirit Who makes His home in us. 15 You already know that all who are in Asia turned away and forsook me, Phygelus and Hermogenes among them. 16 May the Lord grant [His] mercy to the family of Onesiphorus, for he often showed me kindness and ministered to my needs [comforting and reviving and bracing me like fresh air]! He was not ashamed of my chains and imprisonment [for Christ's sake]. 17 No, rather when he reached Rome, he searched diligently and eagerly for me and found me. 18 May the Lord grant to him that he may find mercy from the Lord on that [great] day! And you know how many things he did for me and what a help he was at Ephesus [you know better than I can tell you].

(AMP Bible; The Everyday Life Bible; Joyce Meyers; Scripture; Commentaries; Past Pastor Sermons; Dictionary; 2006; pgs 117-119) (Word 9 Bible Software; 2010; Concordance, Dictionary, Scripture, Sermons of Saints past, Devotionals; Sparkling Gems From The Greek)