

# Conditions of The Mind

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**What we believe determines how we behave and both determine what we become.**

**By  
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## **10 Unhealthy Conditions of The Mind**

There are 10 unhealthy conditions of the human mind that will destroy procreative powers. In the book of 1 Peter 1:13, we are instructed to “gird up the loins of your mind.” The word “loins” in the New Testament means “procreative powers.”

The brain is the most important organ of the human body. The brain is involved in all human behavior. Whether the behavior is abnormal or normal, it could not occur without a functioning brain. In addition, our ability to love, get angry, dream, worship, learn, move, have self-awareness, remember or plan what we will do tomorrow, is impossible without the brain.

Since the Bible does not reference the brain, we conclude there is a mind-brain relationship. For that reason the Bible has much to say about the conditions of the mind.

Spiritual health is not only related to the spirit and soul of man, but to the condition of his mind as well. If the mind of a Christian is unhealthy it is very likely his spiritual life will be unhealthy. The Bible does provide us with insight into the unhealthy conditions of the mind.

It is possible for a Christian to have one or more of the following unhealthy mindsets. Any one of the conditions will restrict spiritual and emotional procreative powers. Unhealthy spiritual mindsets, like the 10 we are listing below, will cause people to think problematically. The problematic thought will produce problematic, self-defeating behavior.

When the mind is crammed full of human viewpoint and mental attitude sins, the result is inevitably self-induced misery. We are not talking about mental illness, but unhealthy conditions of the mind.

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***The Highminded***

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References: Romans 11:20-21; 1 Timothy 6:17;

2 Timothy 3:4 The word “highminded” describes a mind held captive by conceit. It is the mind clouded with the obstruction of self-centeredness. Arrogance and self-righteousness are symptoms of one who is “highminded” The highminded mindset is sometimes characterized by social, spiritual and intellectual prejudice. In short, highminded people are “aloof.”

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### ***The Fleshly – Carnal Mind***

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Reference: Romans 8:5-7; 1 Corinthians 3:1-4 The fleshly, carnal mind is occupied with the externals of life. It is a materialistic mindset. Carnality means to be controlled by the weaker elements of the human nature. What appeals to them is what appeals to the flesh.

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### ***The Forward Mind***

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Reference: 2 Corinthians 9:2 The forward mind is impulsive. It is quick to start, but slow to complete. A forward mind is prone to bad judgments. This impulsive mind is directed toward extravagance and a lack of self-control.

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### ***The Otherwise Mind***

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Reference: Galatians 5:10; 1 Timothy 5:25 This is the mindset that has believed religious lies. The otherwise mind is filled with religious dogmatism. It easily comes under the control of counterfeit religious emotions, can be easily worked into a frenzy and influenced to believe anything mystic.

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### ***The Vain Mind***

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Reference: Ephesians 4:17-19; 1 Peter 1:8; Galatians 5:26 Technically the term means “disappointing misery.” Practically it means “empty” and “manipulative.” The vain mindset is into self-promotion.

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### ***The Earthly Mind***

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References: 3:19 This is the mindset that leaves God out of its planning because it is focused on earthly things. The word “earthly” mean “on the earth.” The earthly mindset is occupied with material values, not with eternal values.

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### ***The Shaken Mind***

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References: 2 Thessalonians 2:2; Heb. 12:27 The word “shaken” describes an agitated mindset. In a Biblical sense it describes the shaking effect of a stormy wind. The shaken mind is easily spooked. It is prone to panic and fatalism.

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### ***The Defiled Mind***

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References: Titus 1:15-16 The word “defiled” describes the worst form of contamination. In this mindset, the mind and conscience are associated. It is a mind filled with polluted and moral defile- ment. It is a morally unclean mindset.

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### ***The Double Mind***

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References: James 1:8; 4:8 The word “double” is comprised of two Greek words: dis (twice) and psuche (soul). “Dispsuchos” means two souls. It could describe a multiple personality. It certainly describes an unstable mindset. The double mind holds two opposite beliefs at the same time.

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### ***The Reprobate Mind***

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References: Romans 1:28 This is the addictive-obsessive-compulsive mindset. The word “repro- bate” means “unapproved” or “undiscerning.”

**The idea, however, is to move from an unhealthy mindset to a healthy one.** Contrast the above 10 unhealthy mindsets with the five healthy mindsets listed below named in the Bible.

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***The Renewed Mind***

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References: Romans 12:2 The mind is the center of logical reasoning, ethical judgment and moral awareness. It must be completely changed or made healthy. This is accomplished through a spiritual metamorphic process by using the Word of God. It is moving from human viewpoint to divine viewpoint.

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***The Willing Mind***

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References: 2 Corinthians 8:12 The willing mindset is illustrated by a healthy attitude. You will never rise any higher than your attitude.

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***The Eager / Ready Mind***

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Reference: 2 Corinthians 8:19 The eager, ready mindset is hungry to learn, grow and mature.

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***The Sound Mind***

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Reference: 2 Timothy 1:7 God places supernatural power, supernatural love and a sound mind in the same context. The sound mindset is a disciplined mind.

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***The Sober Mind***

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References: Titus 2:6 The sober mind is a moderate, balanced, temperate and discrete mind-set.

Do you have a healthy or unhealthy mindset?

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