



Rock Point Church

Bill Bush | 1.25.26

Big Idea: What fills your mind, will shape your life.

Mental Health

/,men(t)l 'heITh/
noun

Emotional, psychological, social well-being: how we think, feel, handle stress, relate, and choose.

Mental Illness

/,men(t)l 'ilnəs/
noun

Conditions significantly affecting thinking, mood, behavior (depression, anxiety, bipolar, PTSD, etc.), often disrupting daily life and relationships.

“What comes into our minds when we think about God is the most important thing about us... We tend by a secret law of the soul to move toward our mental image of God.” - A.W. Tozer

Source:

- *What you think on, you become.*

1 Samuel 18:6–9 (NLT)

⁶ When the victorious Israelite army was returning home after David had killed the Philistine, women from all the towns of Israel came out to meet King Saul. They sang and danced for joy with tambourines and cymbals.⁷ This was their song:

“Saul has killed his thousands,
and David his ten thousands!”

⁸ This made Saul very angry. “What’s this?” he said. “They credit David with ten thousands and me with only thousands. Next they’ll be making him their king!” ⁹ So from that time on Saul kept a jealous eye on David.

Philippians 4:4–8 (NLT)

⁴ Always be full of joy in the Lord. I say it again—rejoice! ⁵ Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

⁶ Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Obstacle:

- *Polluted input, distorted output.*

1 Samuel 22:13-19 (NLT)

¹³ “Why have you and the son of Jesse conspired against me?” Saul demanded. “Why did you give him food and a sword? Why have you consulted God for him? Why have you encouraged him to kill me, as he is trying to do this very day?”

¹⁴ “But sir,” Ahimelech replied, “is anyone among all your servants as faithful as David, your son-in-law? Why, he is the captain of your bodyguard and a highly honored member of your household! ¹⁵ This was certainly not the first time I had consulted God for him! May the king not accuse me and my family in this matter, for I knew nothing at all of any plot against you.”

¹⁶ “You will surely die, Ahimelech, along with your entire family!” the king shouted. ¹⁷ And he ordered his bodyguards, “Kill these priests of the Lord, for they are allies and conspirators with David! They knew he was running away from me, but they didn’t tell me!” But Saul’s men refused to kill the Lord’s priests.

¹⁸ Then the king said to Doeg, “You do it.” So Doeg the Edomite turned on them and killed them that day, eighty-five priests in all, still wearing their priestly garments. ¹⁹ Then he went to Nob, the town of the priests, and killed the priests’ families—men and women, children and babies—and all the cattle, donkeys, sheep, and goats.

Alignment:

- *Renewed mind, transformed life.*

1 Samuel 28:5–7 (NLT)

⁵ When Saul saw the vast Philistine army, he became frantic with fear. ⁶ He asked the Lord what he should do, but the Lord refused to answer him, either by dreams or by sacred lots or by the prophets. ⁷ Saul then said to his advisers, “Find a woman who is a medium, so I can go and ask her what to do.”

His advisers replied, “There is a medium at Endor.”

Romans 12:2 (NLT)

² Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.

S.O.A.P.

S – Scripture

- **Warning:**
 - 1 Sam 18:6–12; 28:5–7 – watch comparison and fear, progress to darkness.
- **Invitation:**
 - Romans 12:2 – pray it over your mind as God’s desire for you.

Read slowly; imagine the scene; ask, “Where do I see myself here?”

O – Observation

- “Where do I see Saul-like patterns—comparison, suspicion, catastrophizing, self-justification, closing off when God corrects me?”
- “What are the most repeated sentences in my head about God, myself, others?”

A – Application

- Identify one dominant Saul-like thought; write it (e.g., “I am alone,” “I’m always a failure,” “God is done with me”).
 - Under it, write one specific Scripture truth that counters it (never leave nor forsake; no condemnation; nothing separates from His love).
- One change to your mental diet this week:
 - Something to reduce/fast : feed, show, podcast, toxic conversation
 - Something to add: Scripture meditation, worship, and an honest walk with God

P – Prayer

- “God, you see my mind. You see where my thoughts look like Saul’s—jealous, afraid, suspicious, ashamed. I don’t want to live this way. I believe You want a renewed mind for me, not performance from me. Begin to renew my mind. Expose lies and replace them with Your truth. Let Your peace guard my heart and my thoughts. Fill my mind with the mind of Christ.”

GROUPS QUESTIONS:

1. What stood out to you most in this week’s message, and why?
2. Why is caring for our mental and inner life often more difficult to sustain than addressing it only in moments of crisis?
3. Read Philippians 4:6–7. What thoughts or emotions surface when you hear that God desires to guard both your heart and your mind?
4. What are some common thought patterns or inputs people turn to for comfort, control, or certainty, and what makes them ultimately unhelpful or harmful?
5. Read Philippians 4:8. What do you think it looks like to live with intentional awareness of what regularly fills your mind?

6. How does the idea that what we think over time shapes who we become change the way you view everyday mental habits? What makes it difficult to invite God into our thought life honestly?
7. Read Matthew 15:18–19. How do you see the connection between repeated thoughts and the words or actions that eventually follow?
8. How have seasons of pressure, exposure, or loss shaped your inner life or view of God?
9. Looking honestly at your life right now, what is one thought pattern, mental input, or daily practice you sense God inviting you to surrender so your mind can move toward greater peace and alignment with Him?