

DECEMBER  
2016



## A WORRY FREE MIND

*"I am leaving you with a gift—**peace of mind** and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid." John 14:27 NLT*

Jesus tells us we can experience peace and be free from worries. If this is true, then why are multitudes of Christians plagued by worry? Didn't Jesus know about all of the difficult life situations we would be facing today? I believe we can do what God says no matter what we face. Many believe the lie that we cannot live without a troubled mind or a burdened heart. God wants to take the load off your mind right now!

### WHAT IS THE MIND?

We are made up of three parts: spirit soul and body. The mind is part of the soul. The word "mind" comes from the Greek word "nous" which means the seat of reflection. The mind is the part of the human soul that perceives, understands, and makes decisions. The mind is not born again as a result of the new birth experience. The Bible tells us we need to do something with our minds. Romans 12:2 tells us we need to "be transformed by the renewing of your mind." This is something strategic we must do regularly in order to keep our mind at peace, focusing on God's thoughts, not on our troubles.

### CONDITIONS OF THE MIND

A worried mind is a disturbed mind filled with thoughts of fear and failure. It is a mind void of God's peace. Some people feel helpless believing they are stuck in negative thinking. The mind can be in

various conditions depending on the choices we make. A mind that is filled solely with the natural and negative things of life is called a "carnal mind." According to Romans 8:6, "to be carnally minded is death; but to be spiritually minded is life and peace." We can choose to be spiritually minded by fixing our thoughts on God. We can give our cares and worries to Him, knowing that He cares for us and takes care of us. (See I Peter 5:7) Paul adds to this by saying "don't worry about anything; instead pray about everything." (Phil. 4:6) We're not stuck in worry, we can choose to be at peace.

### WHAT IS THE PEACE JESUS OFFERS?

In John 14:27 Jesus says "Let My perfect peace calm you in every circumstance and give you courage and strength for every challenge." (AMP) Peace is a state of tranquility or serenity. Peace is also freedom of the mind from annoyance, distraction, anxiety, or obsessive thoughts and emotions. The enemy wants to keep us anxious and worried by having us focus on negative fearful thoughts. Jesus tells us we can be free from worry and fear.

The only way we can regulate our thoughts is by replacing negative thoughts with God's thoughts. We can refuse thoughts that are not in line with God's Word by "bringing into captivity every thought to the obedience of Christ" (1 Corinthians 10:5). Isaiah 26:3 contains a powerful promise which tells us, "You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You" (NKJV). To keep our mind in perfect

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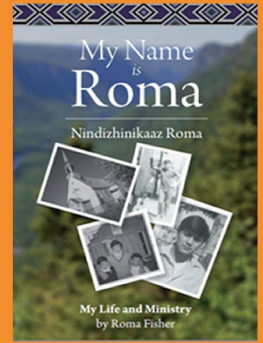
peace, we need to trust God and think on His goodness. In the New Testament, Paul gives us a list of things to think about. "Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report ... meditate on these things." (Phil. 4:9) Paul adds if we practice these things, the "God of peace will be with you." (Phil. 4:9)

**MAINTAIN A PEACEFUL MIND**

1. Decide that you can live in peace.
2. Refuse worry and give your cares to God.
3. Find Scriptures for your situation.
4. Control your thoughts by focusing on God's Word.

I want to leave you with a final encouraging thought. If you're feeling worried or weakened by circumstances, you can look at Jesus. "Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God." (Hebrews 12:2) Jesus overcame the world for us. We can rely on Him and the supernatural peace He gives us. No matter what you're going through, you can be peaceful and free from worry!

Miigwetch,  
Dr. Roma Fisher



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**SPIRIT ALIVE NEWS**

This year has been a productive one for Spirit Alive. We thank God for all our faithful partners and welcome our new partners to the Sprit Alive Family! Here are some highlights from the past year:

1. **Spirit Alive Studio** is now operational. Look forward to new interview segments. We are still working on adding a platform, more lighting and one more camera to the set.
2. **The Partner Banquet and Weekend** was a great success, raising over \$20,000! It was our best fundraising event so far!
3. In Spring of 2017 we are launching the **Spirit Alive Call Centre** to better serve our partners and viewers. Operators will be available to receive calls to pray with viewers during program times. We are currently developing the centre, a training manual and the team. If you would like to be part of this growing team, please contact our office for training opportunities!



**Christmas Blessings** to all our friends and partners from Pastor Roma and Anita Fisher and the Spirit Alive staff! Please know we pray for you regularly and speak life over your homes and families. May you experience God's love and peace this Christmas and enjoy a prosperous 2017!

**"I make my requests for all of you with joy, for you have been my partners in spreading the Good News about Christ."**  
Phil. 1:4-5 (NLT)

