



Street Fair

*a Bible-based story
approach to a
healthy mindset*



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maximizing your faith through story

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STREET FAIR

A Bible-based, Story Approach to a Healthy Mindset

Situation – *The circumstance/issue you are currently facing by God’s Providence/Design*

- See Psalm 37:23-24 *The Lord makes firm the steps of the one who delights in him.*
- See Proverbs 20:24 *A person’s steps are directed by the Lord. How then can anyone understand their own way?*
- See Isaiah 48:17-18 *This is what the Lord says—your Redeemer, the Holy One of Israel: “I am the Lord your God, who teaches you what is best for you, who directs you in the way you should go. I am God, your God, who teaches you how to live right and well. I will show you what to do, where to go. If only you had paid attention to my commands, your peace would have been like a river, your well-being like the waves of the sea.*

Examples of “situations” (that are still very relevant today) from biblical narratives which God has given us to show the value of a changed or healthy mindset:

- *We want to have a baby but I cannot seem to get pregnant.* —like Hannah in 1 Samuel 1:1-2:11
- *Now that I know I’m having a baby, I’m not sure how to process it all.* —like the Shunammite woman in 2 Kings 4:8-37 & 2 Kings 8:1-6 and Mary, mother of Jesus in Luke 1:26-56
- *My husband has no idea how his immature behavior is endangering us all.* —like Abigail in 1 Samuel 25:2-43
- *I need to make a life-altering work decision that scares me but I don’t know how to respond since what I’m being asked to do sounds crazy and dangerous.* —like Esther in Esther 4:1-17
- *I am a single mom with no money, and I don’t know what to do—*like the widow in 2 Kings 4:1-7
- *Everyone is being blessed with something huge except for me/us.* —like the daughters of Zelophehad in Numbers 27:1-11
- *I want to get married, but God’s will seems to have gotten in the way of it.* —like Jephthah’s daughter in Judges 11:36-40

Thoughts* - What you fully believe and rehearse over and over again in your mind regarding your situation. (This should be truth based on Scripture).

See Romans 8:5-7 *Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed*

by the Spirit is life and peace. The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so.

See Romans 15:4 *For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope.*

Philippians 4:8 *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

***Note:**

God gives us freedom to choose what we think about, but He tells us exactly what we can expect based on which mindset option we choose: Thinking about or setting our minds on the things of the flesh will result in our doing whatever the flesh desires. Thinking about or setting our minds on the things of the Spirit will result in our doing whatever the Spirit desires. This does not simply refer to misplaced sexual desires or lust. It refers to regarding what God says as absolute truth versus regarding what the world says as absolute truth. That in itself is an expression of faith because what the world says will often resonate with human reasoning whereas what God says will often sound counter-intuitive or downright ridiculous. Remember, His ways are higher than our ways and His thoughts are higher than our thoughts. (Isaiah 55:8-9)

Changes made here in tweaking our thoughts and/or changing our focus will be most effective in long-term mindset shifting. To “set your mind” on something involves a concerted effort to engage with and interact with truth on a profoundly personal level. Some choose to memorize it, to write it out, to sing it to music, to recite it out loud, to listen to it read aloud, and so on. Think of this mindset renewal as the putting off and putting on of Ephesians 4:22-24. Constant, intentional focus on truth causes us to think/believe it. And regardless of the deliverer or the format of truth, i.e., God's Word, it will always accomplish the purpose for which it was sent. (Isaiah 55:11)

If I struggle with identity for instance, I might pick a Bible passage which affirms me with the truth of what God says about me and who I am . . . I am blessed (Ephesians 1:3), chosen (Ephesians 1:4), and a joint-heir with Christ (Romans 8:17). Then I would focus on these as if my life depended on them.

Feelings – Emotions generated by thoughts listed above

- If I think of myself like God thinks of me, I see myself as blessed, chosen, and a joint-heir with Christ and I will feel **confident, excited, and assured**.
- If I think of myself like the world thinks of me, I might see myself as stifled, non-essential, and cheated and I might feel **uncertain, bored, and depressed**.

Actions versus **I**nspired Actions - What you are compelled to do when you have the feelings listed above: Are these actions generated by the flesh or inspired by the Spirit?

- If I feel confident, excited, and assured, I would likely act as a leader, look for new opportunities, and inspire people.
- If I feel uncertain, bored, and depressed, I would hide a lot, sleep a lot, and discourage others from trying new things.

*Warning: Attempting to handle situations by beginning with Actions will generally result in short-range solutions that may work temporarily but will not pass the test of time. Even Inspired Actions need the benefit of a changed thought life. Your thoughts are key and you will find it easy to predict what feelings, actions, and results will eventually present by taking inventory of your thoughts/beliefs.

Result - The inevitable outcome of actions listed above

If I act as a leader, look for new opportunities, and inspire people, I will know who I am based on who God says I am and I will recognize open doors He puts in my path.

If I hide a lot, sleep a lot and discourage others from trying new things, I would be confused as to my purpose and identity in life, miss loads of chances to hone any bents I have and I would likely send other people running away at the sight of me.