

# THE POWER *of your* MIND

A PRACTICAL STUDY GUIDE

CHRIS OYAKHILOME, D.Sc., D.D.

THE  
POWER  
*of your*  
MIND

Individual Excellence  
Program  
A Practical Study Guide

CHRIS OYAKHILOME, D.SC., D.D.

## THE POWER OF YOUR MIND: STUDY GUIDE

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# Introduction

**T**his study guide was designed for two reasons. First, to help you get an in-depth understanding of the life-changing thoughts and principles shared by Pastor Chris Oyakhilome in the book: *The Power of Your Mind*.

Second, to guide and assist you in developing, imbibing, and inculcating into yourself the right attitude and essential habits that guarantee exceptional living through the Bible-based, time-tested and proven principles contained in the book.

To achieve this, each chapter in the study guide carries the following features:



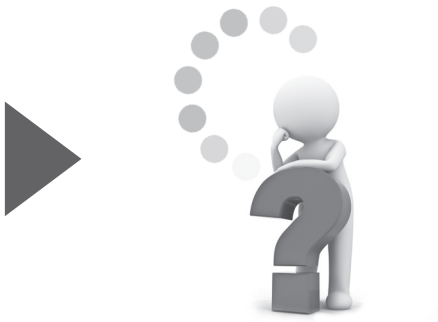
## **TARGET:**

What you would have learnt at the end of each study.



## **REFLECTIONS:**

This section presents questions and activities that will guide you on how to act on the instructions given in the book, so you can produce the desired results.



### MEMORISE THIS:

Scripture verses supporting the theme of each chapter that you're encouraged to learn by heart.



### IN A NUTSHELL:

Here, you write your own summary of key learnings in the chapter you just studied.



### NUGGETS:

Some key points you must have learnt from each chapter.

## HOW TO USE THIS GUIDE



- To get the best out of this study guide, create some quiet time each day when you can privately and prayerfully read one chapter from the book, and then reflect on the key points, instructions, action points and scriptures for meditation from that chapter.
- Along with **“The Power of Your Mind,”** have your Bible, writing materials, or devices at hand, because as you study, you'll receive the specific thoughts, strategies, and guidance you require to transform your life!

## 1

## RENEWING YOUR MIND: THE CONCEPT OF MIND MANAGEMENT



### TARGET:

By the end of Chapter 1, you would have learnt about the vital concept of mind management, and acquired the basic knowledge you require to be more productive and excellent through the application of this spiritual principle.



### REFLECTIONS:

a. Define mind management (hint: Page 11). Describe how you would immediately begin to apply this concept in a specific area of your life.

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b. Are there areas of your life you had tried so hard to change in the past and done all you thought you knew to do, and yet had limited or no success? What areas were these?

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c. According to this Chapter, how did your pattern of thinking contribute to the limited success you achieved in these areas?

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d. What areas of your life would you now like to transform, improve or upgrade? Identify them in the table below and indicate what you desire to achieve in each of them.

	Area	My Desire
1		
2		
3		
4		
5		



### MEMORISE THIS:

#### ***Romans 12:1-2:***

*"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God."*





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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



## NUGGETS:

- When you're born again, God gives you new ways of thinking about Him, Heaven, yourself, your circumstances, the world around you, and life in general.
- Your personality today is the expression of the contents and working of your mind.
- Managing your mind is the primary principle for increasing your value, multiplying your success, upgrading your state, and thus, enlarging your estate.



## 2

## UNDERSTANDING THE MIND



### TARGET:

In Chapter 2, you'll discover the nature of the mind as an intangible, spiritual entity, and you'll better appreciate its function as the connector of the human spirit to the body.



### REFLECTIONS:

- According to Jesus, from where do evil thoughts proceed? (Hint: Read pages 31-32)

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- There are different kinds of thoughts – good and evil. On what basis did Jesus categorize some thoughts as evil? (Hint: Read pages 32-33)

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- Why were Jesus' disciples afraid when He appeared to them? (Hint: Read page 37)

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- Recall any experiences where you received information that produced fear or generated weakness in you. What Scriptures from God's Word can help you build up faith and strength in your mind?

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## MEMORISE THIS:

### *Hebrews 4:12*

*"...the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart."*



## IN A NUTSHELL:

**S**ummarise what you've learnt in this chapter.

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## NUGGETS:

- The outward man is the physical body and its five senses (sight, hearing, smell, touch, taste) while the inward man is the human spirit and his soul (the seat of his mind, will, emotions, reasoning, and intellect).
- Only through God's Word can the inward man be discovered and educated.
- The mind is the faculty of man's reasoning and thoughts. It holds the power of the imagination, recognition, and appreciation
- The mind is responsible for processing feelings and emotions, resulting in attitudes and actions.

## 3

# “THINK ON THESE THINGS...”



## TARGET:

In Chapter 3, you'll discover the essential function of your mind as the doorway to your spirit, and learn how to keep guard over it by barring unwholesome thoughts and granting access to only those that edify you.



## REFLECTIONS:

- How does the book teach you to react if you walked into your office and saw some colleagues huddled together, trading tales about another colleague?

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- Differentiate between facts and the truth of God’s Word (Hint: See Page 47).

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- Can you recall any experiences you may have had where the facts didn’t seem to align with God’s Word? Can you identify Scriptures and confessions of God’s Word for that experience? Write your thoughts in the space provided below.

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SN.	FACT	THE TRUTH OF GOD’S WORD	CONFESSION
1	Born with a sickness	2 Corinthians 5:17, ‘If any man be in Christ, he is a new creature: old things are passed away; behold all things have become new’.	‘Now that I’m in Christ, I live in divine health. Sickness or disease no longer has a place in me, praise God!

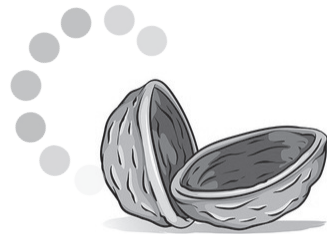
2			
3			
4			
5			



## MEMORISE THIS:

### *Philippians 4:8*

*'Finally, brethren, whatsoever things are TRUE, whatsoever things are HONEST, whatsoever things are JUST, whatsoever things are PURE, whatsoever things are LOVELY, whatsoever things are of GOOD REPORT; if there be any VIRTUE, and if there be any PRAISE, think on these things.'*



## IN A NUTSHELL:

**S**ummarise what you've learnt in this chapter.

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## NUGGETS:

- Your mind is the doorway to your spirit. Nothing can get into your spirit except you first allow it through your mind.
- God is not going to guard your heart for you. The responsibility is yours.
- When you have big things to do, and you have a world to take, you can't afford to focus on frivolities and mundanities.



## 4

## USE YOUR MIND RIGHT



### TARGET:

**Y**our mind is one of the invaluable instruments God has given you to enjoy His manifold blessings for you in Christ. But it must be focused on the right things for you to make the most of it. The objective of this chapter is to help you learn how to use your mind right, so you can live the awesome and extraordinary life that God has planned for you to live.



### REFLECTIONS:

- Give a few examples of 'things of the flesh' and 'Spiritual things toward God' (Hint: Read Pages 58 to 60)

### Things of the flesh

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## Spiritual things toward God



### MEMORISE THIS:

#### *Isaiah 26:3*

*"Thou wilt keep him in perfect peace whose mind is stayed on thee:  
because he trusteth in thee."*

#### ***Romans 8: 5-6 (NKJV)***

*"For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace."*







## NUGGETS:

- Understanding how to use your mind right is your ticket to the next and higher level you desire.
- When you focus your mind, it helps direct your energies and bring them to bear on a particular thing or activity.
- Setting your mind on worldly things produces death, but when you focus your mind on spiritual things, you'll have life and peace.
- God's Word is Light, and light defines and reveals.

## 5

## THE CARNAL MIND VS. THE SPIRITUAL MIND



### TARGET:

In Chapter 5, you'll learn to distinguish the characteristics and operations of a spiritual mind as opposed to those of a carnal mind. You would also be equipped with the necessary, scripture-based knowledge to help you function with and harness the blessings and benefits of a spiritual mind.



### REFLECTIONS:

- Take some time to assess your lifestyle. Are there any areas of your life where you live according to your senses and the things that appeal to your outward man? What changes should you make in line with God's Word?

SN	AREA	CHANGES
1		
2		
3		
4		
5		

**MEMORISE THIS:*****2 Timothy 1:7***

*"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."*

**IN A NUTSHELL:**

**S**ummarise what you've learnt in this chapter.

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## NUGGETS:

- The carnal mind is a mind that has been trained to only recognise, appreciate, and desire worldly (sensual) things that have no spiritual benefits.
- If you live according to your senses and the things that appeal to your outward man, you can't please God.

## 6

# THE POWER OF THOUGHTS



## TARGET:

Through Chapter 6, you'll get to understand what thoughts really are, how they are formed, and the critical role they play in determining your success in life.



## REFLECTIONS:

- How can you identify thoughts that are from God and thoughts from the devil?

### 1) Thoughts from God

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## 2) Thoughts from the devil

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- Watch or listen to the message “The Power of Thoughts.” You can order it at [www.christembassyonlinestore.org](http://www.christembassyonlinestore.org) or from the “Pastor Chris Digital Library” app.



### MEMORISE THIS:

#### ***1 Corinthians 2:16***

*“For who hath known the mind of the Lord, that he may instruct him?  
But we have the mind of Christ.”*

## IN A NUTSHELL:

Summarise what you've learnt in this chapter.







## **NUGGETS:**

- Thoughts are pictures of the mind with constructive or destructive possibilities, functioning with or within human emotion.
- Thoughts are also conscious, mental constructions of your mind based on imaginations, information, or stimuli.
- You're a reflection of your thoughts.
- Until you change your thinking, you can't change your life, your state, or your estate.
- God holds you responsible for your thoughts.

## 7

## PULLING DOWN STRONGHOLDS

**TARGET:**

**L**earn, from Chapter 7, how to use the divine weaponry at your disposal to rout the enemy and obliterate any strongholds he has erected or attempts to erect.

**REFLECTIONS:**

Using the author's definition of strongholds, identify any strongholds that could be preventing you from advancing in the things of God.

What scriptures can you use to pull down these strongholds?

For example:

SN	STRONGHOLDS	NEW THOUGHTS FROM GOD’S WORD
1	“I’m never going to succeed, because my grandfather, and his father before him were failures.”	
2	“Every time something good is about to happen to me, all hell breaks loose, and I miss my opportunity.”	
3		
4		



## MEMORISE THIS:

### ***2 Corinthians 10:4-5***

*“(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;”*



## IN A NUTSHELL:

**S**ummarise what you’ve learnt in this chapter.

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**NUGGETS:**

- Strongholds are mental walls of containment that prevent people from advancing in the things of God.
- We're engaged in spiritual warfare, but we've been equipped with divine weaponry that assures our victory.
- The sword of the Spirit—the Word of God—is the only offensive weapon in our arsenal.
- You overthrow the strongholds of the adversary and the reasonings of the disputer with the sword of the Spirit.

# 8

## DEALING WITH NEGATIVE THOUGHTS AND EMOTIONS



### TARGET:

**D**iscover, from Chapter 8, how to take charge of your mind and rightly use its constructive ability to produce the right emotions, rather than allow circumstances or the devil dictate your feelings and responses to situations.



### REFLECTIONS:

- Can you remember anyone you may have declared persona non grata and decided to keep at arm's length because of something wrong they did to you? What steps would you take now to extend your love to that person and restore your relationship with them?

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- If you ever surprise yourself by expressing any negative emotion or attitude, repent and correct yourself quickly. Say, “Father, in the Name of the Lord Jesus, I reject this (mention the wrong attitude/emotion) from today! It will not have power over me anymore, in Jesus’ Name. Amen!”



### **MEMORISE THIS:**

#### ***Joshua 1:5-7 (NKJV)***

*“No man shall be able to stand before you all the days of your life; as I was with Moses, so I will be with you. I will not leave you nor forsake you...Only be strong and very courageous, that you may observe to do according to all the law which Moses My servant commanded you....”*

## IN A NUTSHELL:

Summarise what you've learnt in this chapter.

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## NUGGETS:

- Unless you reproduce or process pain, displeasure, grief, and worry in your mind, they have no influence or power over you.
- You are a manifestor of God's righteousness, a revealer of His light, and a dispenser of His goodness.
- The joy of the Lord is expressed in singing, laughter, dancing, words of praise, and the loving harmony you have with your brethren, as you speak positive, uplifting, and encouraging words to them.



## “TAKE NO THOUGHT”



### TARGET:

**I**n Chapter 9, you'll discover how to live a life full of peace and free of worry as you learn to reject thoughts that distract you, and pull you away from God's Word, and manage your mind God's way.



### REFLECTIONS:

- Are there things that have caused you to be anxious? How do you intend to respond to such things from now on? (Hint: Read pages 114-115).

SN	ANXIETY	RESPONSE
1		
2		
3		
4		
5		

- What actions can you personally take to see God's Kingdom established, and His righteousness manifested in your world?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

6) \_\_\_\_\_



## MEMORISE THIS:

### ***Philippians 4: 6-7***

*"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."*



## IN A NUTSHELL:

**S**ummarise what you've learnt in this chapter.

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## NUGGETS:

- “To take thought” means to center your mind on something in such a way as to become concerned.
- You decide and choose the thoughts you want to dwell on.
- You don’t get better by worrying.
- The first and most important thing you should be concerned with is to see God’s Kingdom established and His righteousness manifested in your world.
- God’s Word is His wisdom; it’s His thought clothed in vocabulary.


**10**

## ATTITUDE— YOUR MENTAL DISPOSITION



### TARGET:

Chapter 10 will help you discover how to improve your Attitude by learning new ways of processing thoughts, feelings and emotions through the power of the Holy Spirit and the Word of God.



### REFLECTIONS:

- Are there any negative attitudes you need to change? Identify new information and knowledge from God's Word that can help you achieve this change.

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- Watch or listen to the message “ATTITUDE.” You can order it at [www.christembassyonlinestore.org](http://www.christembassyonlinestore.org) or from the “Pastor Chris Digital Library” app.



## MEMORISE THIS:

### ***Romans 12:2 (AMPLIFIED)***

*“Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you].”*







## NUGGETS:

- Attitude is the disposition to act in ways determined by the mental processes of our feelings, emotions, beliefs or reasoning.
- You may not always be responsible for how information comes to you, but you're responsible for what you do with it (how you process and act on it).
- The exciting reality of the mind is that its contents and processes can be managed, reorganised or re-programmed.
- The best and most excellent things of your spirit are expressed through your mind.

# 11

## SEE IT FIRST FROM WITHIN



### TARGET:

**F**rom Chapter 11, you'll understand the importance of your mind as the necessary tool for laying hold on your dreams. You'll also learn about the different channels of vision God has provided you with, and how to maximize the infinite range of your creative eyes.



### REFLECTIONS:

- What goals do you want to achieve this year? Write them down, then spend some time envisioning yourself achieving those goals.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

- Get and read the book “Recreating Your World.” You can purchase it at [www.loveworldbooks.org](http://www.loveworldbooks.org) or in the “LoveWorld Books” app downloadable from the Google playstore.



### MEMORISE THIS:

#### ***Genesis 13:14-15***

*“...Lift up now thine eyes, and look from the place where thou art northward, and southward, and eastward, and westward: For all the land which thou seest, to thee will I give it, and to thy seed for ever.”*



### IN A NUTSHELL:

**S**ummarise what you’ve learnt in this chapter.

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## NUGGETS:

- Whatever you want to accomplish in life, you must see it first and take possession of it from your mind.
- Activate your faith-eyes to see beyond your present horizon.
- It's important that you help your vision so it becomes clearer to your mind. And you do that by focusing your mind on things that strengthen or enhance it.
- God never created us to suffer or live the average life where we're barely getting by, but to excel and flourish in all areas of our lives.



## 12

## MEDITATION— YOUR MOMENT OF CREATION



### TARGET:

**A**s you study this chapter, you'll learn how to maximise your imaginative power, which is your creative ability. With vivid examples from the Bible, you'll be guided on how to employ practical means to get your creative juices flowing in a whole new dynamic way.



### REFLECTIONS:

On the basis of what you've learnt in this chapter, what can you do to "help" a specific vision you have? Write your thoughts in the spaces provided below.

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*“This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.”*



Summarise what you've learnt in this chapter.




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**NUGGETS:**

- Don't wait on God to give you a vision; create one!
- Your imaginative power is your creative ability; whatever you can imagine, you can create.
- True meditation is creation.
- Meditate until your whole mind is inundated with the idea of what you want to see.
- When God has given you a Word concerning anything, then you have the right to produce it, and its creation begins in your mind.





# 13

## SEE ALL THINGS NEW!



### TARGET:

**Y**ou'll understand the importance of "seeing" all things in the light of God's Word from this chapter. It's a vital key to taking possession of God's superabundant blessings for you.



### REFLECTIONS:

- What do you see today about your career, business, family, finances, ministry, academics, etc.? Take a few moments now to create a new mental picture of your desires, and write down what you see.

What do you see in your

• Business: \_\_\_\_\_

• Career: \_\_\_\_\_

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• Family: \_\_\_\_\_

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• Finance: \_\_\_\_\_

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• Ministry: \_\_\_\_\_

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• Academics: \_\_\_\_\_

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• Others: \_\_\_\_\_

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## MEMORISE THIS:

### ***Joshua 6: 1-2***

*"Now Jericho was straitly shut up because of the children of Israel: none went out, and none came in. And the LORD said unto Joshua, See, I have given into thine hand Jericho, and the king thereof, and the mighty men of valour."*

## IN A NUTSHELL:



Summarise what you've learnt in this chapter.

[illegible]

**NUGGETS:**

- God's Word is His mirror that reflects back to you your true image in the mind of God.
- It doesn't matter that God has already done something for you, you've got to "see" it to possess it!
- The extent of your vision is the boundary of your blessing!



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