

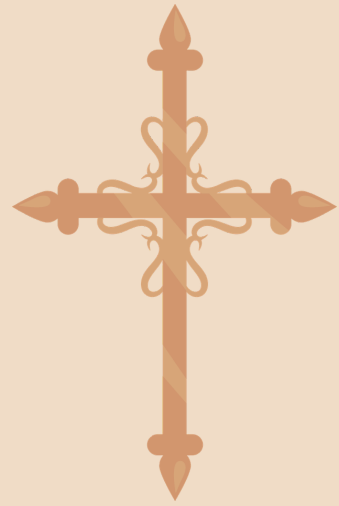
What's On Your Mind? ✨



Youth Sunday Sermon |
Proverbs 2:1-6 (NCV)

God! God is
on my mind!





Your Mind Is the Steering Wheel of Your Life



Whatever fills your mind shapes your life
— your thoughts influence your choices,
emotions, habits, and spiritual walk.

Proverbs 2:1–6 gives us 5-steps
to guard and grow our minds.

"What's on your mind?"



Step 1 – Receive God's Word ✨

"My child, listen to what I say and remember what I command you." – Proverbs 2:1 (NCV)

You can't receive what you're not willing to hear.
Quiet the noise to hear God.

✨ "Your mind can't run on God's truth
if you never download it."



Step 2 - Train Your Mind to ✨

Focus on God's Wisdom

Proverbs 2:2 (NCV): "Listen carefully to wisdom; set your mind on understanding."

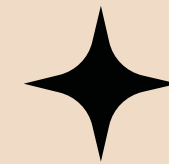
Focus on what matters. If you can binge shows for hours, you can focus on God. What you give your attention to shapes your direction.



"Whatever gets your attention eventually gets your direction."

✦ Step 3 – Hunger for God

Proverbs 2:3–4 (NCV): "Cry out for wisdom... look for it as you would look for silver."



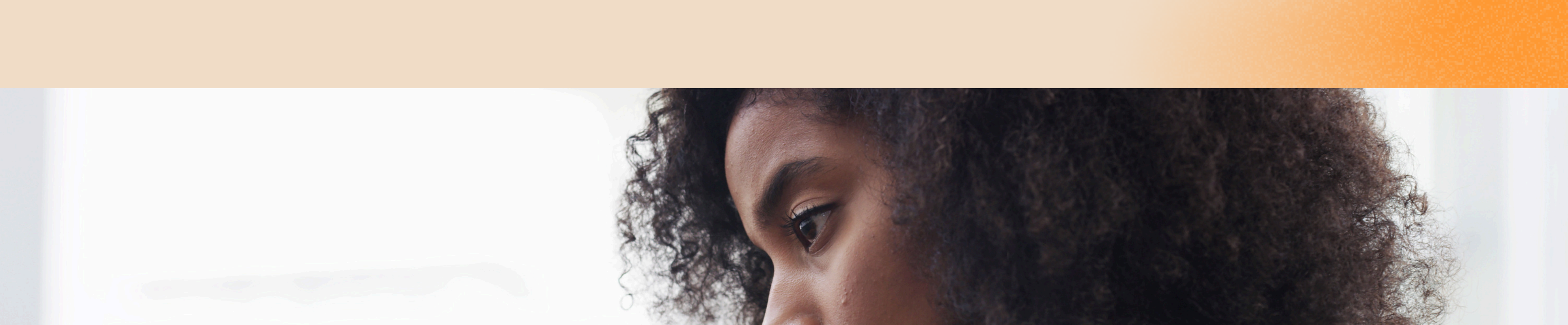
Do you search for God like you search for your phone or Wi-Fi?

Hunger drives you toward what you truly value.

Matthew 5:6 · Jeremiah 29:13 · Psalm 42:1–2

"You find God when you start looking for Him like He matters."



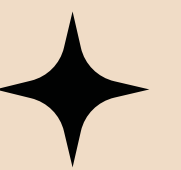


Step 4 – Meditation: Keeping God on Your Mind

Meditation bridges hearing and living God's Word.



"Set your mind on understanding." — Proverbs 2:2 (NCV)



Step 4 – Proverbs'

Meditation Pattern

Store it up (2:1–5) – Let God's Word fill your mind daily.

Keep it in your heart (3:1–2) – Let it become part of who you are.

Let it guide you (6:20–22) – Let scripture lead your steps.

Write it on your heart (7:1–3) – Make it personal, not just memorized.

"Your mind has a playlist – what's on repeat?"

Meditation is choosing what stays on your mind.

mind



Why Meditation Matters



◆ Rewires Your Thinking

Romans 12:2 – "Be transformed by the renewing of your mind."

◆ Strengthens Your Peace

Isaiah 26:3 – "Perfect peace for those whose minds are fixed on You."

◆ Pushes Out Anxiety & Negativity

Philippians 4:8 – "Think on what is true, noble, and right."

◆ Makes God's Voice Louder

John 10:27 – "My sheep hear My voice."



✦ How to Meditate ✦

- ① Pick a verse — start with Proverbs 2:1–6
- ② Read it slowly — don't rush, let it sink in
- ③ Repeat it out loud — say it until it sticks
- ④ Think about its meaning
— ask: what is God saying to me?
- ⑤ Pray it back to God — turn the verse into a conversation with God
- ⑥ Carry it with you — screenshot it, text yourself/group



“Meditation moves truth from your head to your heart.”



Step 5 – God Is the ✨ Source of Wisdom

"Only the Lord gives wisdom; he gives knowledge and understanding." – Proverbs 2:6 (NCV)

Wisdom doesn't come from TikTok, trends, friends, or culture — it comes from God.

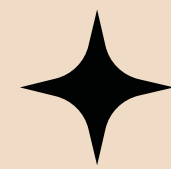
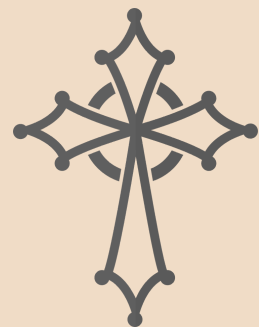
James 1:5 • Proverbs 3:5–6 • Psalm 119:105

✨ "Wisdom doesn't start with you — it starts with God."

What's On Your Mind?

- Receive God's Word – quiet the noise, download His truth.
- Focus on God's Wisdom – set your mind on understanding.
- Seek God with hunger – look for Him like He matters.
- Meditate on God's truth – keep it on repeat in your heart.
- Remember God is the Source – wisdom starts with Him.





The 3[×]3 Challenge



Pick 1 verse from Proverbs 2:1–6



Read it 3 times a day

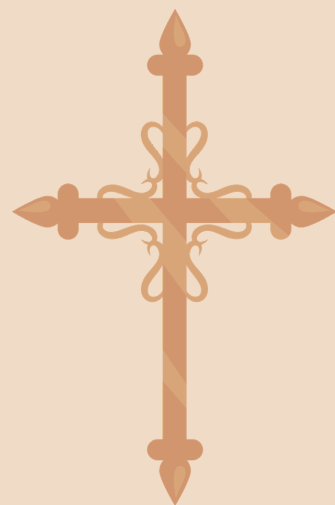


For 3 days straight

Let God fill your mind

— and watch Him transform your life.





Reflection & Invitation

- What's filling your mind right now?
- What are you meditating on daily?
- Are you seeking wisdom from God or the world?
- Is your mind open to the One who gives understanding?

