A RENEWED MIND:
ORDER, PRIORITIES, AND BALANCE

An Effective Bible Teaching | Surefooted Ministries

Teaching Purpose

To help believers recognize when life feels mentally scrambled, seek the Lord for clarity, put God first, and practice order, determination, self-control, and thoroughness so they can live and serve more effectively.

Foundation Scriptures

- Jeremiah 32:27 (NKJV): “Behold, I am the LORD, the God of all flesh. Is there anything too hard for Me?”
- Matthew 6:33 (NKJV): “But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”
- Luke 10:41–42 (NKJV): Jesus told Martha she was worried and troubled about many things, but that one thing was needed; Mary had chosen the good part by sitting and hearing His word.
- 1 Corinthians 14:40: “Let all things be done decently and in order.” (NKJV wording)
- Philippians 4:13 (AMP): “I have strength for all things in Christ Who empowers me…”

Introduction: When the Mind Feels Scrambled

Have you ever had so many things competing for your attention that you could not think clearly or decide what to do first? Life can feel confused, disorganized, and overwhelming. The answer is not to pretend the confusion is absent. Bring it to the Lord and take practical steps toward order.

Jeremiah 32:27 reminds us that nothing is too difficult for God. When our thoughts feel tangled, we can seek Jesus for help and then act on the wisdom of His Word. The goal is not to do everything at once; it is to identify what matters, do what is needed next, and remain willing to adjust when a higher priority appears.

Point 1 — Choose the One Thing That Must Come First

Read Luke 10:38–42. Martha was distracted by much serving, while Mary sat at Jesus’ feet and heard His word. Jesus did not say that serving was always wrong. He pointed out that Martha was worried and troubled about many things and that Mary had chosen the good part.

Teaching emphasis: Activity can be good and still distract us from what is most important. Our first priority is our relationship and fellowship with our heavenly Father and His kingdom. We nurture that relationship and fellowship through prayer, reading Scripture, and applying what we learn.

Read Matthew 6:33. Seeking God first gives our other responsibilities their proper place. It does not mean we ignore work, family, health, or necessary duties. It means we order our lives under God’s direction.

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Point 2 — Understand the Difference Between Prioritizing and Balancing

Prioritizing means deciding what matters most and what should come first. Balancing means giving appropriate time and attention to the important responsibilities in our lives.

For example, a person may correctly list five important responsibilities. But if that person spends three days on the first item and neglects the other four, the priorities may be listed correctly while the schedule is out of balance.

Teaching emphasis: A good list is not enough. We must also consider how we use our time and energy. Balance does not always mean giving every task equal time; it means giving each responsibility the attention it reasonably requires.

Point 3 — Work in Order, One Step at a Time

Read Genesis 1:1–3 and Ephesians 5:1. Genesis describes the earth as without form and void, with darkness over the deep. God said, “Let there be light,” and there was light. The creation account then describes God’s work unfolding in an ordered sequence.

Application: When life feels confusing, do not let the size of the whole problem stop you from taking the next useful step. Identify what needs attention first, complete that step as thoroughly as you can, and then move forward.

Orderliness helps reduce confusion. Multitasking may involve several activities at once, but multiple activities can also divide attention. Ask whether combining tasks helps you or makes it harder to do them well.

Point 4 — Guard Your Focus from Distractions

As we pursue a worthwhile goal, distractions may try to pull our attention away. Determination helps us continue toward the goal; self-control helps us choose our response instead of following every impulse.

However, staying focused does not mean refusing to change plans. Sometimes an important responsibility we had forgotten comes to light. When it truly has a higher priority, pause the first task, address the more urgent responsibility, and then return to the original task when possible.

If organizing tasks feels difficult, begin with a simple list or ask someone with organizational skills for help. Romans 12:8 is cited in the source notes in connection with helping; the specific application here is to recognize when assistance would be useful.

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Point 5 — Build the Character That Supports an Orderly Life

- **Determination vs. Faintheartedness —** Remain committed to God's purpose when challenges arise. 2 Timothy 4:7–8 describes Paul finishing the race and keeping the faith.
- **Self-control vs. Self-indulgence —** Choose actions that support what is right and necessary rather than automatically following every desire. Galatians 5:22–23 includes self-control among the fruit of the Spirit.
- **Orderliness vs. Disorganization —** Prepare your thoughts, time, and surroundings so you can work with greater clarity. 1 Corinthians 14:40 calls for things to be done decently and in order.
- **Thoroughness vs. Incompleteness —** Think ahead, count the cost, and work toward completing what you begin. Luke 14:28–30 uses the example of counting the cost before building.

Point 6 — Expect Opposition, but Keep Your Priorities

The Bible does not promise that a godly life will always be easy. 2 Timothy 3:12 says that those who desire to live godly in Christ Jesus will suffer persecution. John 15:18–20 reminds Jesus' disciples that they may face the same kind of opposition He faced.

Do not mistake difficulty for proof that you have chosen the wrong path. Continue to seek God, respond with wisdom, and make adjustments without abandoning your commitment to Him.

Practical Exercise: Put the Teaching into Practice

1. Pause and pray. Ask the Father in Jesus name for help when your thoughts feel scrambled.
2. Write down the responsibilities or concerns competing for your attention.
3. Identify what must come first in light of God's Word and the needs in front of you.
4. Choose one next step that is clear and manageable.
5. Decide what deserves focused time, and what can wait.
6. When a genuinely higher-priority responsibility appears, adjust and return to the earlier task when possible.
7. Review your progress and ask whether you need a simple plan or help from someone organized.

Discussion and Review Questions

8. What can make a person's mind feel scrambled?
9. What does Jeremiah 32:27 teach us about bringing confusion to God?
10. What is the difference between prioritizing and balancing?
11. What does Mary's example in Luke 10:38–42 teach us about attention?
12. How can orderliness help reduce confusion?
13. When might it be right to pause one task to handle a higher-priority responsibility?
14. Which character quality—determination, self-control, orderliness, or thoroughness—do you most need to practice this week?
15. What is one practical change you will make to use your time more wisely?

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Personal Application

My most important responsibility to address first is: _____

One distraction I need to manage is:

_____

One step I will take to bring more order and balance to my week is:

_____

Conclusion

An effective life is not a life in which every moment is perfectly controlled. It is a life in which we keep God first, make wise choices, bring order to our responsibilities, and remain willing to adjust when necessary. Take one day at a time and one step at a time. Be orderly, be thorough, maintain your focus, and depend on Christ for strength.

Closing Scripture — Philippians 4:13 (AMP): “I have strength for all things in Christ Who empowers me…”

Closing Prayer

Heavenly Father, help us seek You first and recognize what matters most. When our thoughts feel confused, give us clarity and wisdom. Teach us to use our time well, to practice determination and self-control, and to work in an orderly and thorough way. Help us recognize when plans need to change and when we should ask for help. Strengthen us through Christ so that our lives and service may become more effective. In Jesus’ name, Amen.

Click here. Main resources.

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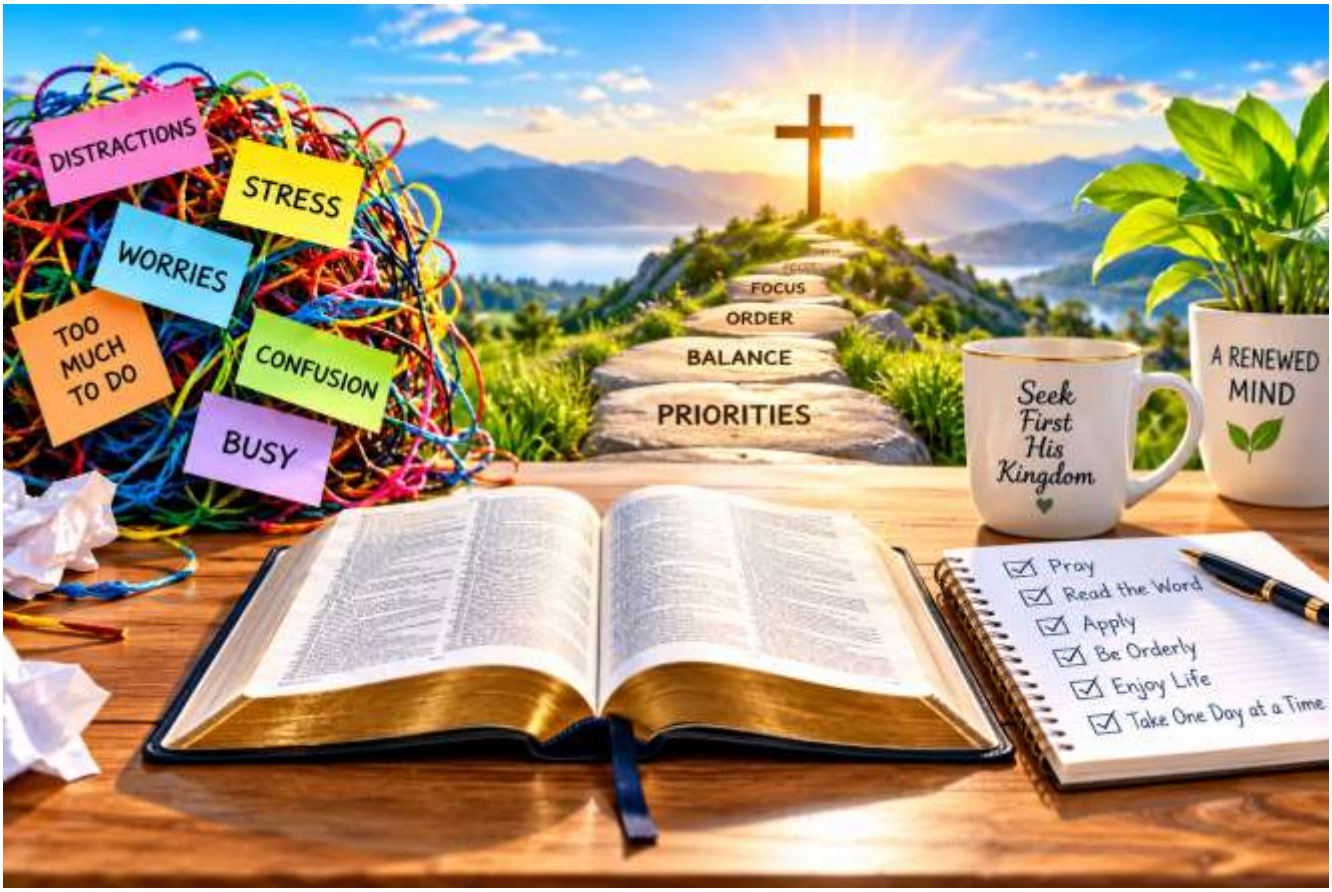

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