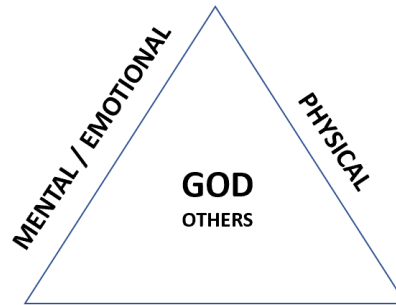


# The Single Minded Man versus the Double Minded Man

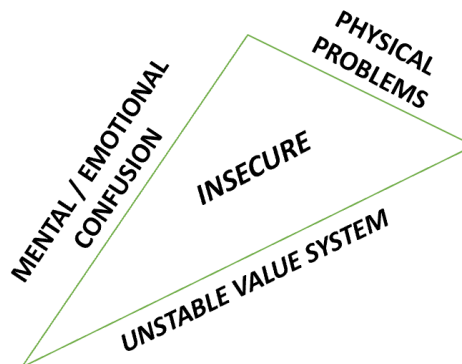
SINGLE MINDED = HAPPY / CONFIDENT "STABLE IN ALL HIS WAYS" (Matthew 22:37-39)  
SELF-REGULATED WITH POSITIVE RELATIONSHIP INTERACTIONS



SPIRITUAL IDENTITY / Stable Value System

- Grounded in reality
- Adapts quickly to environmental changes
- Mature (Responsible and Accountable)
- Integrity (Honest with self and others)
- Committed to serving others
- Understands true principles
- Has good relationship skills
- Loving / Compassionate / Patient

## The Double Minded Man



- Unstable in a changing environment
- Immature (not responsible and accountable)
- Lacks Integrity (not honest with self and others)
- Self focused / prideful
- Not stable and consistent with true principles
- Has poor relationship skills: takes and gives offense / impatient / quick to anger

**ARE YOU EVER DOUBLE MINDED?**

**"DOUBLE MINDED = UNSTABLE IN ALL HIS WAYS"** (James 1:8)



- **DEPRESSION**
  - **LACKS ENERGY/ NOT MOTIVATED / WORRY / HAVE TO vs WANT TO / ANXIETY**
  - **SEPARATION /HOME SICKNESS /LONELY**
  - **ANGRY/FRUSTRATED / STRESSED OUT**
  - **RELATIONSHIP DIFFICULTY / CONTENTION, ETC.**
- **SELF DEFEATING BEHAVIORS / THOUGHTS**
  - **TAKING OFFENSE OR GIVING OFFENSE**
  - **EATING PROBLEMS**
  - **ANTI SOCIAL**
- **(OCD) OBSESSIVE COMPULSIVE DISORDERS / THOUGHTS & BEHAVIORS**
  - **ASSUMES NEGATIVE INTENT / TAKES & GIVES OFFENSE / PERFECTIONIST**
- **DOES NOT STAY ON TASK**
- **PHYSICAL AILMENTS**
  - **DIFFICULTY SLEEPING**
  - **ACHES AND PAINS**
  - **NAUSEA / STRESS / HEADACHES / ETC.**