

Woke Up This Mornin' Afro-American Spiritual

Woke up this mornin' with my mind, and it was stayed, stayed on Jesus.
Woke up this mornin' with my mind, and it was stayed, stayed on Jesus.
Woke up this mornin' with my mind, and it was stayed, stayed on Jesus.
Hallelu, hallelu, hallelu, hallelu, hallelujah.

Oh you can't hate your neighbor in your mind, if you keep it stayed, stayed on Jesus.
Oh you can't hate your neighbor in your mind, if you keep it stayed, stayed on Jesus.
Oh you can't hate your neighbor in your mind, if you keep it stayed, stayed on Jesus.
Hallelu, hallelu, hallelu, hallelu, hallelujah.

Makes you love everybody with your mind, when you keep it stayed, stayed on Jesus.
Makes you love everybody with your mind, when you keep it stayed, stayed on Jesus.
Makes you love everybody with your mind, when you keep it stayed, stayed on Jesus.
Hallelu, hallelu, hallelu, hallelu, hallelujah.

Oh, the devil can't catch you in your mind, if you keep it stayed, stayed on Jesus.
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Oh, the devil can't catch you in your mind, if you keep it stayed, stayed on Jesus.
Hallelu, hallelu, hallelu, hallelu, hallelujah.

Oh, yes, Jesus is the captain in your mind, when you keep it stayed, stayed on Jesus.
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Philippians 4:6-7 *"Don't worry about anything, instead pray about everything; tell God your needs, and don't forget to thank Him for everything. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and hearts quiet and at rest as you trust in Christ Jesus."* The Living Bible

Proverbs 4:11-13 *"I would have you learn this great fact: that a life of doing right is the wisest life there is. If you live that kind of life, you'll not limp or stumble as you run. Carry out my instructions; don't forget them for they will lead you to real living."* The Living Bible

Most Afro-American spirituals are attributed to the slaves. Why do you think those living in slavery would focus on keeping the minds "stayed on Jesus"? Can you see a connection between that and the verses from Philippians and Proverbs? Describe it. What can you learn from their focus?

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Titus 1:5 *"A person who is pure of heart sees goodness and purity in everything, but a person whose own heart is evil and untrusting finds evil in everything, for his dirty mind and rebellious heart color all he sees and hears."* The Living Bible

Matthew 22: 37-39 *"Jesus said to him 'You must love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest of the Laws. The second is like it. 'You must love your neighbor as you love yourself.'"* New Life Version

How does a "pure" heart see the good in others? How do you think your heart sees others?

Is it easy for you to "love your neighbor as you love yourself"? Why? Do you think a lack of self-love makes it harder to love others? Is this an issue for you? If it is, take some time to offer your thoughts and concerns about this to God. Remember, God loves you enough to have sent Jesus to help you find your way to God; and Jesus saw you in your struggles and dark times, and chose to accept the Cross for you! Talk to God, God is always available and just waiting for you to reach out...

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Makes you love everybody with your mind, when you keep it stayed, stayed on Jesus.
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Why do you think the originators of this song made the point of saying not only that you can't hate when your mind is focused on Jesus, but that focusing on Jesus helps you love others? What is the difference between not hating, and loving? Spend some time with this concept; look at your life and how this concept plays out in your life.

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Psalms 119:94-95 *"I am Yours! Save me! For I have tried to live according to Your desires. Though the wicked hide along the way to kill me, I will quietly keep my mind on Your promises."* The Living Bible

Hebrews 8:10 *“But this is the new agreement I will make with the people of Israel, says the Lord: I will write my laws in their minds so that they will know what I want them to do without my even telling them, and these laws will be in their hearts so that they will want to obey them, and them, and I will be their God and they shall be my people.”* The Living Bible

The psalmist spoke of trying to live according to God’s desires by focusing on God’s promises. But after Jesus’ death and resurrection there is a “*new agreement*” as we read in Hebrews. God will write the laws in the hearts and minds of God’s followers to make them easier to follow. How do you feel about that? Does that idea make it easier for you to follow God? How can having God’s laws right in your heart and mind keep the devil from catching you in your mind? Is this comforting to you? Why do you feel that way?

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Psalm 86:11-12a *“Train me God, to walk straight then I’ll follow Your true path. Put me together, one heart and mind; then, undivided I’ll worship in joyful fear. From the bottom of my heart I thank you dear Lord.”* The Message

Psalm 94:19 *“Lord, when doubts fill my mind, when my heart is in turmoil, quiet me and give me renewed hope and cheer.”* The Living Bible

Can you allow Jesus to be “*the captain in your mind*”?

Why do you think the psalmist asked to be put “*together, one heart and mind*”? Would being “*together, one heart and mind*” make it easier follow God’s “*true path*”? Why do you feel that way?

Take some time to pray Psalm 94:19. Offer God your “*doubts*” and “*turmoil*”, and then open your self to the “*renewed hope and cheer*” that only God can give.

“Finally, my friends, keep your minds on whatever
is true, pure, right, holy, friendly and proper.
Don’t ever stop thinking about what is
truly worthwhile worthy of praise.”

Philippians 4:8

Contemporary English Version