

It's All in Your Mind

Retraining Our Minds

June 23, 2019

*The life we live is a reflection of the thoughts
we think.*

Our lives will always move in the direction of our strongest thoughts.

Most of life's battles are won or lost in our minds.

Romans 12: 2 - Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

1. What stinkin thinkin is holding you back?

II Corinthians 10: 3, 4 - For though we live in the world, we do not wage war as the world does. ⁴The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.

We can't defeat what we can't define.

2. Train our minds.

Philippians 4: 8 NLT - Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

II Corinthians 10: 5 - We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Create a new path in our brain.

3. Meditate – Focus our thoughts.

Psalms 119: 15 - I meditate on your precepts and consider your ways.

Psalms 143: 5 - I meditate on all your works and consider what your hands have done.

We can't have a positive life with a negative brain.

4. Find God's peace in prayer.

Philippians 4: 6, 7 - Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Romans 8: 6 - The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

“It has been found that twelve minutes of daily focused prayer over an eight-week period can change the brain to such an extent that it can be measure on a brain scan”

*Dr. Caroline Leaf,
Switch on your Brain*