

MASTERMIND

CHANGE YOUR THINKING, CHANGE YOUR LIFE.

Training Your Mind

Sunday, September 19, 2021

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Stepping Stones Community Church

⁸ And now, dear brothers and sisters, one final thing. 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. **Philippians 4:8 (NLT2)**

- Your life is always moving in the direction of your strongest thoughts

Training Your Mind

Meditation: to engage in mental exercise; to focus one's thoughts

¹⁵ I meditate on your precepts and consider your ways. ¹⁶ I delight in your decrees; I will not neglect your word. **Psalms 119:15-16 (NIV11)**

⁵ ... I meditate on all your works and consider what your hands have done. **Psalms 143:5 (NIV11)**

- What stronghold is holding you back?
- What truth demolishes that stronghold?
 - Write it
 - Think it
 - Confess it
 - Believe it

- If you don't control what you think you'll never control what you do

¹⁴ Temptation comes from our own desires, which entice us and drag us away.

¹⁵ These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death. **James 1:14-15 (NLT2)**

Declarations

- You are strong and mighty. You have the same power that raised Christ from the dead dwelling inside of you. You are a weapon of righteousness in a world of darkness
- You are not your past. You are not what you did. You are who God says you are. He says you are forgiven. He says you are redeemed. He says you are free

- You are not a hostage to your unhealthy thoughts. The weapons you fight with are not the weapons of this world. You have divine power to demolish strongholds.
- You have the mind of Christ directing your thoughts. You have the word of God guiding your steps.
- You demolish every pretension that sets itself up against the knowledge of God. You take every thought captive and make it obedient to Christ
- Worry is not your master. You trust in God. His peace guards your heart, guards your mind, and guards your soul in Christ Jesus.
- Your god has not given you a spirit of fear, but a Spirit of power, of love and of a sound mind.
- The Lord is your helper. You will not be afraid
- You are not a slave to your habits. You are not a prisoner to an addiction. You have been rescued from the power of darkness and brought into the kingdom of God's light. (Col. 1;13)
- You are empowered. You are chosen. You are called. You are the masterpiece of God, created in Christ Jesus, to do good works which God prepared in advance for you to do.
- Your God will bless you abundantly, so that in all things, and at all times, having all you need, you will abound in every good work. (2 Cor. 9:8)
- Your God is for you. Your God is with you. No weapon formed against you will prosper.
- Nothing can separate you from God's love. Not death. Not demons. Not the present nor the past. No power on earth will ever separate you from the love of God that is in Christ Jesus our Lord.

Next Steps:

- Meditate on and/or memorize Psalm 119:15-16
- Write the truth, think it, repeat it, say it, mediate on it until I believe it
- Start the journey to renewing my mind by accepting Jesus as my Savior and Lord
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