



Transforming Our Minds

OCTOBER 31, 2021

Romans 12:2

Neural pathways—_____

Mental trail—the _____ you think a thought, the easier it is to think it _____.

Review—your mind is a _____—battles are won and lost in the _____.

_____ moves in the direction of your _____ thought.

2 Corinthians 10:3–5

Train our minds

Philippians 4:8

Meditate—not the _____ of the mind, but _____ your thoughts

Psalms 119:15; Psalm 143:5

When our minds _____, they usually head towards _____.

Focus is a skill "Your focus needs more focus." —Jackie Chan

Create New Neural Pathways

1. What strongholds are holding you back?

- Never get out of debt
- Always struggle with health
- Never have a meaningful job
- I can't overcome this addiction
- Never feel close to God
- Never find love

2. What demolishes those strongholds?

_____ Write it—think it—confess it—until you believe it