

MASTERMIND

CHANGE YOUR THINKING, CHANGE YOUR LIFE.

June 9, 2019

Pastor Ed Shreffler

⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Philippians 4:6-9 (NIV11)

- Your life will always move in the direction of your strongest thoughts.

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

Philippians 4:6-7 (NIV11)

“It has been found that 12 minutes of daily focused prayer over an 8-week period can change the brain to such an extent that it can be measured on a brain scan.”

Dr. Caroline Leaf, author of Switch On Your Brain

- What is worry? Worry is the sin of distrusting the promises and power of God.

⁵ Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. ⁶ So letting your sinful nature control

your mind leads to death. But letting the Spirit control your mind leads to life and peace.

Romans 8:5-6 (NLT2)

- Do what I can do
- Give God what I can't do.
- Trust God no matter what.

My Next Step Is To...

- Meditate on Philippians 1:12-14
- Identify and write down the difficult situations that I am facing, giving thanks to God for the good in each.
- Recognizes the filters or “frames” that impact the way I see my life experiences. If needed ask God to help me reframe them in light of who I am in Christ.
- Start the journey to renewing my mind by accepting Jesus as my Savior and Lord.