

change your mind



May 4, 2022
Pastor Joseph Britain

For as he thinks within himself, so he is. - Prov 23:7a


RECAP of Previous Messages

 **Your life moves in the direction of your strongest thoughts**


 **You can't have a positive life with a negative mind**


 **Our brain functions in pathways**


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

 **Set our mind**

Set your minds on the things that are above, not on the things that are on earth - Col 3:2

 **Train our mind**

 **Memorize God's Word**


 **Meditate on God's Word**


 **Cognitive bias**

 **ReFraming**

 **Your internal dialogue**

Do not be anxious about anything, but in everything by prayer and pleading with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence and if anything worthy of praise, think about these things. As for the things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you. - Php 4:6-9

 Your _____

 **Fighting an amygdala** _____

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All scripture is from the New International Version unless otherwise noted