

**Message:**

# Rewire

## Spirit Led Chems Part 12

**Scripture Text:**

**1 Corinthians, 2 Corinthians 10, Philippines 2**



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**Announcements: MotorFest - Lake Day**

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**Introduction:** Play the Series Review

## **1. There is a Pathway of Spiritual Warfare**

SPIRIT, SOUL, BODY, The Flow of Victory

2 Corinthians 10:1-6

**WHAT BEGINS IN THE FLESH WILL ALWAYS END IN CORRUPTION**

**WHAT BEGINS IN THE SPIRIT HAS THE POTENTIAL TO BE LIFE/ Eternity  
Changing!**

## **2. CHEMS Choice:**

**We choose them - they don't choose us! Most of the time!**

**-What are the Five Main Brain Chemicals?**

**A. OXYTOCIN ( Love Hormone)** Oxytocin has been associated with trust, generosity, and emotional empathy.

**Hugging, Kiss, Holding hand, Showing affection, Playing with pet**

**B. SEROTONIN (Mood stabilizer)**

**Getting sunlight, Walks, Meditating, Eating Healthy, Proper Routine**

## **C. DOPAMINE (Reward Hormone)**

**Finishing task, Eating food, Small wins, Do self-care, Be productive**

## **D. ENDORPHINS (Pain & Stress Fighter)**

**Laughing together, Heavy Workout, Watching a movie, Act of kindness, Listening music**

## **E. GABA Gamma-aminobutyric acid (GABA)**

**VITAMIN B6 - tea, soy, nuts, fish fruits, increase in regular exercise**

## **3. Let Your Mind Be Led By the Spirit, Unity/Humility/Service**

**Philippians 2:1-11**

## **4. You are Have the Mind of Christ:**

**1 Corinthians 2:1-16**

**What are the 4 Main Types of Brain Chemistry?**

**List of Brain Chemicals and their Functions.**

**\*\*\*\* How can I improve my Brain Chemistry?**

**Improving brain chemistry can involve several lifestyle**

**\* IT ALL STARTS WITH A COMMUNION IN CHRIST!!!!**

**Conclusion:**

**What we do in the Spirit, Soul & Body, Starts IN CHRIST!**