



GET SOME STONES

Joshua 4:1-7 (NKJV)

REVIEW

- Our life follows our mind, and if we want a new life we must have a renewed mind.
- Unhealthy mindsets lead to unhealthy life cycles which are less than what God has designed for us.
- Healthy mindsets lead to Godly life cycles and living the life God has designed for us. (*Romans 12:2*)
- Three Weapons to Renew the Mind:
 1. Meditation: what we see or focus on
 2. Confession: what we say
 3. Action: what we do
- It is the synchronicity of these three weapons where our mind becomes renewed and our life transformed (*Joshua 1:8*)
- The way this Mental Trinity of confession, meditation and actions works is synergetic.
- What we do is responsible for the glue. (*James 2:20*)
- In order to renew our mind and transform our lives, we must habitualize the right actions until they become instinctive.
- The key is to win the day. (*Joshua 3:5*)
- Ben Franklin said, “One today is worth two tomorrows”.

THE POWER OF RITUAL REMINDERS

1. A **RITUAL REMINDER** is a visual reminder that helps anchor you to healthy habits. (*Deuteronomy 6:6-9, Psalm 108:2*)
2. Ritual reminders help us to keep the **MOMENTUM** of the day going. (*Daniel 6:10*)
3. **THE ARK** was a ritual reminder that God’s presence was always with them.
4. When you see a ritual reminder do what you are **SUPPOSED** to do. (*Joshua 3:3*)
5. When we step out **GOD STEPS IN**. (*Joshua 3:14-16, 1 Corinthians 15:45*)
6. All our stepping out does is **RELEASE** what God has already **PLANNED** to do.
7. Stones are ritual reminders that **PREVENT** us from going back and that help us **WIN THE DAYS** ahead by staying on the course.
8. We need some stones to **STAY CLOSE TO THE SAVIOR**, so we don’t stray after we get our way! (*1 Samuel 21:9*)