



The Mighty Do It Weapon

2 Corinthians 10:3-5, James 1:22, James 2:20 (NKJV)

1. Just Do It- not just a Nike slogan but a **SPIRITUAL PRINCIPLE**.
2. Those 3 words are often the difference between **YOUR MESS** and **GOD'S MIRACLE**.
3. God **SHOWS UP** when you Just Do It.
4. Your mind is **RENEWED** when you Just Do IT
5. **ACTION** is the mighty just do it weapon.

Samson- The He-Man with the She-Weakness

Judges 16:19-20

1. You are your **STRONGEST**, most **POWERFUL**, and most **UNSTOPPABLE** when you are walking in the special purpose for which God has created you.
2. You have been created with a **DESTINY** in mind.
3. The **SUPERNATURAL ABILITY** of God rests on those who sell out to their **SPECIAL PURPOSE**.

Hey There, Delilah?

Judges 16:19-20

1. **DELILAH** is the temptation that was sent for the purpose of mind manipulation.
2. Delilah will show up when you are **VULNERABLE**.
3. Delilah manipulates the mind with temptations that lead to **ACTIONS INCONSISTENT WITH GODLY BELIEFS**.
4. Each time our actions do not correspond with our beliefs our mind slips further into **DECEPTION**.
5. What **WE DO** has a profound effect on what **WE BELIEVE**.
6. Our actions **STRENGTHEN OUR MINDSETS** for better or for worse.

The Science Behind How Our Actions Affect Our Minds

1. **COGNITIVE BEHAVIORAL THERAPY**: in order to change behavior you must change the mind.
2. **BEHAVIORAL ACTIVATION**: our thoughts, behavior and actions are linked
3. **EPIGENETICS**: our choices switch our genes on or off.

DEUTERONOMY 30:19 *I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live;*
4. **ACTIVE REACH**: the actions and exercises you say and do during the course of the day and evening where you in essence practice using new healthy thought until it becomes automatized like a good habit.
5. **BRAIN INTEGRITY**: using your words and actions to line up the thought with it's beliefs and feelings.