

Change Your Mind

Pro 23:7 In his heart (soul & spirit)

At any one moment your brain is creatively performing about 400 billion actions with you are aware of about 2000!!!

Research shows that about 87% of illness can be attributed to our thought life, and approximately 13% to diet, genetics & environment.

Emotions establish a crucial link between the mind & body.

75% - 90% of visits to primary care physicians result from stress related disorders.

1) Change Your Perspective 2 Cor 4:16-18

Vs 16 Renew - "to cause to grow up"

Vs 17 See your challenges as opportunities of grace!

Vs 18 "fix" = to MARK (hunting)

2) Change Your Clothes (what others see)

Col 3:8-14

Vs 9 "put off" = to spoil (neglect)

Vs 10 "put on" = sink into READ MESSAGE

Vs 11 Unity

Vs 12-14 - WHAT we are to "sink" into!!!!

3) Change Your Motive Col 3:15-17

Vs 15 peace over fear (stats)

Vs 17 WHATEVER YOU DO