

10/29/2023

Welcome / Prayer

A related piece of news –

<https://www.newstarget.com/2023-10-27-attorneys-general-sue-meta-highly-addictive-platforms.html>

42 Attorneys general SUE Meta (FB & Instagram) over “highly addictive” social media platforms accusing the company of designing social media platforms that are deliberately addictive for young people and damaging to their mental health.

"Meta has profited from children's pain by intentionally designing its platforms with manipulative features that make children addicted to their platforms while lowering their self-esteem," said James in her statement. "Social media companies, including Meta, have contributed to a national youth mental health crisis and they must be held accountable."

Maybe this is all controlled opposition theater, but it does help parents to understand this is not conspiracy theory.

Remember, Lindsay bought me that shirt...

If you're really interested in what is happening in the middle east, you should study up until you can answer

- The difference between an Ashkenazi jew, a Sephardic jew and a Zionist
- What does Scripture tell us of who really are God's chosen people today
- Under the new covenant, what exactly is a Jew or how would you know if someone were a Jew?
- How many plans of salvation are there for mankind and what are the different groups for those multiple plans of salvation

Point – don't take sides in this nightmare that's going on over there.

Show up Wednesday night and help us battle for the souls of men women & children on both sides of the border

Inflation

<https://www.zerohedge.com/personal-finance/living-paycheck-paycheck-has-become-main-financial-lifestyle-us-consumers>

- Lending Club - 62% of Americans are still living paycheck to paycheck, making it 'the main financial lifestyle,
- Federal Reserve Chair Jerome Powell recently said "inflation is still too high," indicating that interest rates will stay higher for longer.

Here's a secret on how the world works –

- Inflation drives interest rates because the treasury market require a (+) difference between return and stated inflation
- English – why would you lock in your money at 3% when stated inflation is 4% and real is more like 8%?
- The trend will continue.
- 74% of Americans feeling financially stressed and living paycheck to paycheck according to CNBC Your Money Survey
- Chapman University – survey on Americans' top fears?
 - Government Corruption, Economy, World War

<https://nypost.com/2023/10/23/business/car-payment-defaults-hit-29-year-high-as-borrowing-costs-surge/>

Inflation-squeezed Americans are defaulting on their auto loans at levels not seen in nearly three decades over 6 out of 100 auto loans are >60days past due

foreclosure rates are soaring

Point – Your income is not rising at 8%. That means you are being squeezed.

This is not going away.

Learn skills necessary to save where you can on household & auto repairs,

- You have youtube,

- you have people in the church versed at this and will teach you
 - (Wendy's home issues)
- spend intentionally – take an active thoughtful role in grocery shopping
- Produce your own food if you can

What else can one do?

Review

We're reminded that habits, habitual thinking etc are not changed by inserting a 1-time fix,

- Involves mortification of the flesh
- Replacing the old desires with new desires
- Essentially "life through death"
- Gal 2: 20 "I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.

(funny how it always comes back around to this)

We looked at Jesus' Sermon On The Mount – the 'eye for an eye' breaking the habit loop of retaliatory thinking

- The cue is the slap in the face
- the new routine is to turn the other

We looked at the 2 roosters ; neither of which displayed humility

If you are one of those roosters, you need to decide if

- you want to win that battle for your pride against him
- you want to win the battle for his soul against the forces of darkness
- If the latter, it requires humility

You don't just decide to become humble and then 'presto' you're humble...

It's an attribute of a person who recognizes who he/she is in the proper perspective of God's creation or order

So we looked at how to recognize this, how to think along these lines

Finished up discussing quantum physics –

Note: when I said that, several eyes glazed over "oh, that's so smart there's no way I can understand that..."
Limited yourself immediately to a concept anyone can grasp.

Cellphone technology

Who is afraid of a cellphone – i.e. "I have no idea how to use that"?

Does anyone not know how to call someone on a cell phone?

Can anyone explain how the voice gets put through the air to another phone?

But nobody is afraid of the concept of a cell phone though the physics are quite complicated.

Point – we will always look into things like a.i., quantum physics, and other technologies in the same manner.
They often approximate the language of God's creation.

So we finished up at the thought process and this is where I want to begin our discussion.

To break or make a habit involves a new way of thinking.

Scripture gives us lots of generalized guidance on thinking / what to think about

Can anyone give a biblical example of suggestions God says we are healthy to think about?

Phil 4:8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

This is a whole study in itself RICH with guidance

(Phil 2:5) have this attitude, or KJV says, "Let this mind be in you"

In other words, start thinking along these lines.

what happens to you physically when you start doing this?

(go here → <https://www.amazon.com/Mind-Brain-Neuroplasticity-Power-Mental/dp/0060988479>)

According to Schwartz & Begley of *The Mind and the Brain: Neuroplasticity and the Power of Mental Force: the Quantum Zeno Effect (QZE)*. QZE is the repeated effort that causes learning to take place. When you go over and over something, reading it, thinking about it, writing it down, and then repeating this process, you deepen your knowledge and understanding, direct your attention, and grow nerve cells. The neurons in your brain line up and fire together because you are firing synapses over and over, which causes genetic expression to happen and makes the synapses and proteins stronger. The changes in your brain caused by this deep, repeated, intellectually targeted focus can be seen with brain imaging techniques.⁶

Basically the QZE stipulates that your brain becomes what you focus on and how you focus.

So the consequence is a structural change in the brain that produces behavior because we operate from what we have built into our brain.

Are there practical examples of this in your own life or in the lives of other people in the world?

Here's a horrible example:

From (ted bundy slide) *The Forerunner*, March 1, 1989, and the *LA Times* Feb, 1989

He was once an assistant director of the Seattle Crime Prevention advisory committee and even wrote a pamphlet instructing women on rape prevention. A one-time Boy Scout with a promising career in Washington state politics, he appeared to be a normal upstanding citizen. Ted Bundy

Bundy said that pornography "had a "crystallizing effect" on his violent tendencies and his eventual acting out of the fantasies he had seen depicted for so long."

James Dobson interviewed him during his pre-execution incarceration at FL State Prison

"Pornography snatched me out of my home 20, 30 years ago ... and pornography can reach out and snatch a kid out of any house today." His religious training and morality initially restrained him from acting out his fantasies, but he confessed that finally, "I couldn't hold back anymore."

"My experience with pornography ... is once you become addicted to it, I would keep looking for more potent, more explicit, more graphic kinds of material. Like an addiction, you keep craving something that is harder, something which gives you a greater sense of excitement. Until you reach a point where the pornography only goes so far, you reach that jumping off point where you begin to wonder if maybe actually doing it would give you that which is beyond just reading or looking at it."

While committing the murders, Bundy said he felt as if he was possessed by "something ... awful and alien. There is just absolutely no way to describe first the brutal urge to do that kind of thing, and then what happens is once it has been more or less satisfied and recedes, you might say, or spent, that energy level recedes and basically I become myself again."

Here's a good example:

Peter (earliest known likeness, 4th century) was a fisherman. From Crosswalk,

Fishermen in his day were considered manly men with hot tempers and vulgar language. They were traditionally uneducated but would've had ample wits and survival skills acquired by working hard and braving the seas and fish markets. Fishermen were stereotypically men of action, very physical, and unafraid of others, which Peter demonstrates when he cuts off the soldier's ear in the Garden of Gethsemane at Jesus' arrest

Peter's life was filled with struggles:

- Faith to walk on the water, then sunk because of fear
- Refusing to let Jesus wash his feet, only to go to the opposite swing of the pendulum
- Cutting off Malchus' ear even after all Jesus had taught him 3 years later!
- Denying Jesus 3 times after swearing he'd die with Jesus
- Eating with the Jews / shunning the gentile & drawing public rebuke by Paul

Not only did God not give up on the guy, He was part of the inner circle of friends of Jesus (you always have closer people you can identify with)

And in the end, the guy who was all over the map and often ran from things we shouldn't, says:

1 Peter 4: 1 Therefore, since Christ has suffered in the flesh, arm yourselves also with the same purpose, because he who has suffered in the flesh has ceased from sin, 2 so as to live the rest of the time in the flesh no longer for the lusts of men, but for the will of God

According to the early writers, he suffered at or about the same time with Paul, and in the Neronian persecution, A.D. 67, 68. All agree that he was crucified. Origen says that Peter felt himself to be unworthy to be put to death in the same manner as his Master

You just learned this. Give me an example scenario that could happen to you where you will put this into play

- and explain how you will put this into use (I.E. Role play it out)
- (Bible study without practical application is WORTHLESS!!)

So (Prov 23:7 slide) , back to the slap you silly...

Jesus breaks the loop at the cue (the slap)

- Gives you a new routine, (remember the parable of the 2 sons?) "Go work in the vineyard" (like, this sucks!!)
- You can choose to *not* do it, or you can choose to *think about this*,
 - have this attitude
 - let this mind be in you

This is a form of worship.

- Your brain changes
- Your behaviors follow as you obey
- You become what you think in yourself - Proverbs 23:7 For as he thinketh in his heart, so is he
- You think Christ, you become Christ-like

The habit loop is broken

We watched the 1-season series on George Jones & Tammy Wynette.

- the phrase "mean drunk" came to mind & Idalia and I discussed it
- You can really see what kind of person comes out with alcohol. It's there, hidden. It's how he thinks but you don't know that.
- That's why God gives you this warning, Prov 23:7