

Healing the Traumatized Brain Sermon Notes - 2.22.26

“The thief’s purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.”

John 10:10 NLT

“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”

Romans 12:2 NLT

1. Recognize Negative Mindsets and Take Ownership

“He replied again, “I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.””

1 Kings 19:14 NLT

2. Reject Toxic Thoughts

The Cleveland Clinic Study

-We have 60,000 thoughts a day

-80% of our thoughts are negative

“May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock and my redeemer.”

Psalms 19:14 NLT

“We think you ought to know, dear brothers and sisters, about the trouble we went through in the province of Asia. We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it.”

2 Corinthians 1:8 NLT

3. Rescript your perspective

“In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead. And he did rescue us from mortal danger, and he will rescue us again. We have placed our confidence in him, and he will continue to rescue us.”

2 Corinthians 1:9-10 NLT

“You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people.”

Genesis 50:20 NLT