

Headspace 4

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1. HOW THE BRAIN WORKS

- 1.1. Thoughts are real things.
- 1.2. They cause real, physical reactions in our brains and bodies by impacting what we say and do.
- 1.3. When we learn how to self-regulate, we learn to design our own new thoughts, and redesign old negative thoughts, we can choose the kind of reactions, and lives, we want to live.
- 1.4. If we don't master this, toxic thoughts can grow like weeds, and are a lot harder to get rid of.

Genesis 4:6-7 "Then the Lord said to Cain, "Why are you angry? Why is your face downcast? If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it."

- 1.5. Organised, intentional thinking is paramount in your Christian walk.
- 1.6. When we have chaos in our brain [unrest and worry and many racing thoughts] it releases neuro chemicals, this chaos brings neuro chemical chaos. That's what we often call losing our peace. We are designed to discipline our mind with Holy Spirit.

Philippians 4:7 "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

2. OUR MINDS ARE DESIGNED TO SELF-REGULATE OUR THINKING.

- 2.1. **Self-regulation** can be **defined** in various ways. In the most basic sense, it involves controlling one's behaviour, emotions, and thoughts in the pursuit of long-term goals. More specifically, thought **self-regulation** refers to the ability to manage disruptive thoughts, emotions and impulses.
- 2.2. That is to do our own "mental autopsy" by observing, analysing and changing what we think about.

Psalms 139: 23-24 "Search me [thoroughly], O God, and know my heart! Try me and know my thoughts! And see if there is any wicked or hurtful way in me, and lead me in the way everlasting."

3. HOW TO GET STARTED:

Romans 8:5-6 “Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.”

Hebrews 10:16 “This is the covenant I will make with them after that time, says the Lord. I will put my laws in their hearts, and I will write them on their minds.

3.1. Acknowledge:

- The reality of your toxic thoughts
- That change is important
- That it takes time to change

3.2. Be intentional:

- About learning from recurring thoughts and behaviour
- About being aware of thought triggers and reactions

2 Corinthians 13:11 “Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you.”

Luke 21:14 “But make up your mind not to worry beforehand how you will defend yourselves.”

- By keeping a thought journal
- By creating a plan of action
- By dreaming about the future

1 Corinthians 2:9 “However, as it is written: “What no eye has seen, what no ear has heard, and what no human mind has conceived”— the things God has prepared for those who love him.”

Colossians 3:2 “Set your minds on things above, not on earthly things.”

Sermon Discussion Guide

OPEN WITH PRAYER. THIS IS ONLY A GUIDE – SELECT THE POINTS YOU WANT TO DISCUSS.

1. What are some of the reoccurring toxic thoughts that you keep on having?
2. What are some of the things that trigger these thoughts?
3. How are you going to work on changing these toxic ways of thinking?