

The Potter's Christian Life Center

SERMON NOTES
with Pastor Greg Formey



Pressing The Reset Button

Philippians 3:13-14

Sunday, June 21, 2026

13 Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, 14 I press on toward the goal for the prize of the upward call of God in Christ Jesus. ESV

In the previous message, we looked at the tragedy of leaving a physical prison but staying trapped in a mental one.

We now have to answer the question that every struggling person asks: **How do I actually do that?** Hearing the truth is easy, but transforming the mind that has been trained in trauma, worry, or rejection feels almost impossible.

This is the beautiful space where science and Scripture come together to show us how God restores the human soul.

STOP REHEARSING THE PAIN

Without knowing it, many people give strength to their own suffering. They tend to give their best mental energy to their worst moments. They replay the failure, the divorce, the embarrassment, or the abuse.

Every time you replay a memory, the pathway in the brain gets wider, deeper, and stronger. You are literally training your brain to be highly efficient at feeling miserable.

Scripture calls this **dwelling**. When Isaiah says "do not dwell," he means stop setting up camp in your old wounds.

You must catch yourself the very second your mind starts playing the old movie. Do not wait five minutes. Do not finish the thought. Interrupt the cycle immediately. You cannot stop an uninvited memory from knocking on the door, but you have complete authority to refuse to let it come inside for dinner!

CREATE A NEW THOUGHT

The good news is that the human brain is not a concrete block. It is dynamic. It can physically rewire itself throughout your entire life. New thoughts eventually lead to the creation of emotional habits. The Bible understood this secret long before microscopes existed.

Romans 12:2

Do not be conformed to this world, but be transformed by the renewing of your mind.

Notice that transformation does not start in your circumstances, your bank account, or your relationships. It starts in your mind.

You must regularly feed your brain new truth. If you leave your mind blank, it will naturally drift back down the old, deep grooves of worry. You must intentionally plant the Word of God. Stop consuming information that drags you backward.

STOP GIVING ATTENTION TO YOUR WORST SEASON

One of the enemy's greatest strategies is wrong attachments. He wants to take a bad season you went through and turn it into a permanent name tag.

When Israel was in the wilderness, they still called themselves slaves. But the truth was, they were no longer slaves; they were under a covenant with God, and therefore free people. Their emotions were lying to them because of their history.

Many people identify themselves with their old pain. They look in the mirror and think: "*I am the rejected one.*" "*I am the failure.*" "*I am the broken one.*"

These are not descriptions of who you are; they are experiences that *happened* to you.

Instead, declare "*I am healing. I am growing. I am becoming more free than I have been.*" Your new thoughts on your identity are changing you spiritually.

UNDERSTAND THAT HEALING FEELS UNCOMFORTABLE

When Israel entered the wilderness, they hated it because it felt strange, dry, and not comfortable. They associated discomfort with danger and failure.

In the year 1666, the Great Fire of London destroyed over thirteen thousand houses and left most of the city in ashes. It was an absolute catastrophe.

When it came time to rebuild, many people wanted to simply put the houses back exactly where they used to be, using the same old, cheap wood patterns, because it was familiar and fast. But the leaders said no. They chose to endure the long, uncomfortable process of clearing the ruins and rebuilding the city out of stone, with wider streets and better designs. They had to live in discomfort for years, but because they refused to build on the old, flawed patterns, they created a city that could never be destroyed by fire again.

You have to be willing to live with the discomfort of the change process long enough for God to build something in you that is strong and permanent.

Conclusion

The Apostle Paul gave us the ultimate strategy for mental freedom in **Philippians 3:13-14**.

Forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.

When you have a meaningful direction, you become less attached to old pain. Break those invisible chains and let the renewing of your mind begin right now.