

CHANGE  
YOUR MIND

**CONTROL**

We have a tendency to want  
to control what we can't control.

We have a tendency to want to control what we can't control, and neglect what we can control.

The only thing we can control in this life are our thoughts, feelings, and behavior.

“For as he **thinks** within himself,  
so he is.”

**Proverbs 23:7 NASB**

For as I **think** within myself, so am I.

**Proverbs 23:7**

For as I **think** within myself, so am I.

*The quality of my life is  
connected to the  
quality of my thoughts.*

**Proverbs 23:7**



“From that time on Jesus began to preach, “**Repent**, for the kingdom of heaven has come near.”

**Matthew 4:17 NIV**

“Do not conform to the pattern of this world, but **be transformed by the renewing of your mind.**”

**Romans 12:2 NIV**

Let's think about our thinking...

Let's think about our thinking...



Our thoughts are consequential.

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*“A sizable body of research exploring the nature of consciousness, carried on for more than thirty years in prestigious scientific institutions around the world, shows that thoughts are capable of affecting everything from the simplest machines to the most complex living beings.*”

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*This evidence suggests that human thoughts and intentions are actual physical “something” with astonishing power to change our world. Every thought we have is tangible energy with the power to transform.*

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*A thought is not only a thing. A thought is a thing that influences other things.”*

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- Lynne McTaggart

The Intention Experiment: Using Your Thoughts to Change Your Life and the World

Let's think about our thinking...



Our thoughts are consequential.



EMOTIONS



Let's think about our thinking...

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Our thoughts are consequential.

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Our emotions are powerful.

Let's think about our thinking...

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Our thoughts are consequential.

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Our emotions are contagious.

“Do not make friends with a hot-tempered person, do not associate with one easily angered, or you may learn their ways and get yourself ensnared.”

**Proverbs 22:24-25 NIV**

**“A cheerful heart is good  
medicine, but a broken spirit saps  
a person’s strength.”**

**Proverbs 17:22 NLT**

Let's think about our thinking...

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Our thoughts are consequential.

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Our emotions are manageable.

“My dear brothers and sisters,  
take note of this: Everyone should  
be quick to listen, slow to speak  
and slow to become **angry**,”

**James 1:19 NIV**

“Do not be **anxious** about anything, but in every situation, by prayer and petition, with **thanksgiving**, present your requests to God. And the **peace** of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

**Philippians 4:6-7 NIV**

“Have I not commanded you? Be strong and courageous. **Do not be afraid; do not be discouraged,** for the LORD your God will be with you wherever you go.”

**Joshua 1:9 NIV**



“Get rid of all **bitterness, rage and anger**, brawling and slander, along with every form of malice. Be **kind and compassionate** to one another, forgiving each other, just as in Christ God forgave you.”

**Ephesians 4:31-32 NIV**

**“Rejoice** always,”

**1 Thessalonians 5:16 NIV**

“Do not let your hearts be  
troubled...”

**John 14:1 NIV**

“...In the world ye shall have tribulation, but be of good cheer; I have overcome the world.”

**John 16:33 KJV**

“give **thanks** in all circumstances;  
for this is God’s will for you in  
Christ Jesus.”

**1 Thessalonians 5:18 NIV**

We can take responsibility for  
our emotions by taking  
responsibility for our thinking.

The emotions we feel about the things in our life come from the meaning we assign to the things in our life.

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Our emotions come from our interpretations of what's happening.

FOCUS



God exists. God is good.

He does only good.

He works all things out for my good.

He loves me. He's for me.

He's with me. He's in control.

He can do all things.

And He can be trusted.