

REBOOT

Most of life's BATTLES are won or lost in our MIND .

2 Corinthians 10:3-5

*We are human, but **we don't wage war as humans** do. We use God's mighty weapons, not worldly weapons, to knock down the **strongholds of human reasoning** and to destroy **false arguments**. We destroy every **proud obstacle** that keeps people from knowing God. We **capture** their **rebellious thoughts** and teach them to **obey Christ**.*

Philippians 4:8

*And now, dear brothers and sisters, **one final thing**. **Fix your thoughts** on what is **true**, and **honorable**, and **right**, and **pure**, and **lovely**, and **admirable**. **Think about things** that are **excellent** and **worthy of praise**.*

What goes into your MIND

Comes out in your LIFE

Our minds REQUIRE Discipline

Definition of Meditation:

To engage in mental EXERCISE.

To FOCUS your thoughts.

Psalms 119:15

*I **meditate** on your precepts and consider your ways. I delight in your decrees; I will not neglect your word.*

Psalms 143:5

*I **meditate** on all your works and consider what your hands have done.*

WRITE it

THINK it

SPEAK it

Until you BELIEVE it.

Talk it over:

1. Share a time when you acted irrationally or did something that just didn't make sense... why do you think you did it?
2. What places do you see people "winning or losing battles in their mind" before anything ever really happens?
3. What are some of the things we should be "meditating" on in order to train our minds toward Christ and His purposes?
4. What can you do this week to start you personal spiritual training program?