

# reMIND

## The Power of Prayer to Transform Your Mind

11-10-19

**Big Idea:** Your life is always moving in the direction of your strongest thoughts.

### Week 1:

- What comes into your mind comes out in your life.
- The more you think a thought, the easier it is to think that thought again.
- What is a stronghold? \_\_\_\_\_
  - \* Identify the number one **lie** (stronghold) that is **holding** you **back**.
  - \* Name the **truth** that demolishes that stronghold.

### Week 2:

- \_\_\_\_\_ the truth.
- \_\_\_\_\_ the truth.
- \_\_\_\_\_ it until you believe the truth.

### Week 3:

- **Cognitive bias:** A mistake in reasoning based on **personal** preferences or beliefs.
- **Reframing:** Creating a different way of looking at a situation, person, or relationship by **changing** its meaning.

- You can't \_\_\_\_\_ what happens to you, but you can control how you \_\_\_\_\_ it.

*Philippians 4:6-9* - Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. <sup>8</sup> Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. <sup>9</sup> Whatever you have learned or received or heard from me, or seen in me – **put it into practice**. And the God of peace will be with you.

*John 14:1* - "Do not let your hearts be troubled. Trust in God; trust also in me."

*Romans 12:2* - Do not **conform** any longer to the pattern of this **world**, but be transformed by the renewing of your mind.

*Romans 8:5-7* - Those who live according to the sinful nature have their **minds set on** what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. <sup>6</sup> The mind of sinful man is death, but the mind controlled by the Spirit is **life** and **peace**; <sup>7</sup> the sinful mind is hostile to God.

*2 Corinthians 10:3-5* - For though we live in the world, we do not wage war as the world does. <sup>4</sup> The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to **demolish strongholds**. <sup>5</sup> We demolish arguments and every pretension that sets itself up **against the knowledge of God**, and **we take captive every thought to make it obedient to Christ**.

#### **Four habits:**

1. Don't \_\_\_\_\_ about anything.

*Philippians 4:6*- Don't fret or fear or have ANY anxiety... Amp

WORRY is \_\_\_\_\_ on my fears instead of God.

How do I switch my focus? By \_\_\_\_\_.

*Romans 8:6*- The mind of sinful man is death, but the mind controlled by the Spirit is life and peace...

2. Pray about \_\_\_\_\_.

*Philippians 4:6*- ...but in **everything, by prayer and petition**, with thanksgiving, present your requests to God.

*Psalms 88:9*- "**EVERY DAY** Lord, I **lift my hands** to you in **prayer** and **I call to you.**"

3. Thank God \_\_\_\_\_ everything.

*Philippians 4:6*- Do not be anxious about anything, but in everything, by prayer and petition, **with thanksgiving**, present your requests to God.

*1 Thessalonians 5:18*- Give thanks **in all** circumstances, for this is **God's will** for you in Christ Jesus.

4. Stay \_\_\_\_\_ on true things.

*Philippians 4:8*- Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – **think** about such things.

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