

HEALING JOURNEY

MARCH 28, 2022

LESSON 8: CHANGE YOUR LIFE BY CHANGING YOUR MIND (PART 1)

The series of lessons we've been covering in recent weeks have us focused on Balancing Our Mind, Body and Spirit(Soul). We've looked at reasons why we experience emotional fatigue during difficult circumstances, we talked about ways to lighten the load of mental and emotional stress, and we discussed how our every word matters because it shapes our lives and that of others. We covered an important topic last week that stressed who our real enemy is (Satan) and how he operates in our lives, so that we can be aware and prepared to resist him. Tonight's lesson is a two-part session by Rick Warren, teaching us that we have the ability to change the direction of our lives by simply changing the way we think and perceive. Are you struggling in some area of your life right now, listen carefully to today's lesson and you may just find that the solution is found in controlling your mind. What we allow our minds to dwell on, shapes us.

NOTES FROM VIDEO TEACHING

Romans 12:2 says, "Do not be conformed to the pattern of this world, but let God _____ you into a new person by changing the way you _____."

God is far more interested in changing your _____ than He is in changing your circumstances. Nothing happens in life until you get the _____ of your mind. No transformation, no change, takes place in your life until your thoughts begin to change.

Why is it important to have a healthy mind, healthy mental health?

1. **Because my thoughts control my life.**

Proverbs 4:23 "Be careful how you think; your life is _____ by your thoughts."

Feelings don't shape your life, your _____ do. If you believe what others have said about you, whether it is true or not, it's going to shape your life.

2. **Because my mind is the _____ for sin.**

It's where I win or lose the battle – in my mind. All _____ happens in the mind, therefore all sin happens in the mind. If you learn to _____ your mind, you learn to manage your _____.

Romans 7:22-23 "I love to do God's will so far as my new nature is concerned; but there's something else deep within me that is at war with my _____, and wins the fight, and makes me a slave to the _____ within me. In my mind, I want to be God's servant, but instead, I find myself still _____ to sin."

That's why sometimes you get fatigued – there's a _____ going on in your brain.

Sometimes you're _____ of that battle, and sometimes you're unconscious of it.

Why is it so debilitating?

Satan wants to control your mind. The world wants to control your mind.

Whatever gets your _____, gets you.

3. **Because it's the key to peace and happiness.**

An unmanaged mind leads to...	A managed mind leads to...
Tension	Tranquility
Pressure	Peace
Conflict and Chaos	Confidence
Stress	Strength, security and serenity

Romans 8:6 "If your sinful nature controls your mind, there is death. But if the Holy Spirit controls your mind, there is _____ and _____."

Three Ways to Gain a Healthy Mind:

1. _____ my mind.
2. _____ my mind.
3. _____ my mind.

1. **I must feed my mind with the truth.**

"You will know the truth and the truth will set you free." John 8:32

You make your best decisions when you have the best _____.

Matthew 4:4 "People need more than bread for their life; they must feed on every Word of God."

The Bible is our _____ food.

When should I feed my mind with the truth? All the time! Morning, afternoon and evening.

Psalms 119:147 "I rise early...to cry out for help and to put my _____ in Your Words."

Psalms 119:97 "Lord, how I love Your Word. I think about it _____."

Psalms 16:7 "Even in the darkness of night, Your teachings fill _____."

Psalms 119:95 "When wicked people hide to ambush and kill me, I quietly keep _____ on your decrees (principles/laws)."

2. **I must free my mind from destructive thoughts.**

Your mind needs to be _____, delivered and _____, because you are a prisoner of your own thoughts.

There are 3 enemies in your mind:

- 1) My old nature (Romans 7:23 and Romans 8:5)
- 2) Satan (2 Corinthians 2:11)
- 3) The world's value system (1 John 2:16 and 2 Corinthians 10:3-5)

If you're going to learn to be mentally healthy in all circumstances, you're got to learn how to demolish the _____ in your life. Behind every sin is a stronghold that you're believing.

GROUP DISCUSSION

1. As you watched Rick Warren's teaching tonight, what stood out to you, gave you an ah-ha moment or turned on a light bulb causing you to say "that's for me" or "I needed to hear that tonight" or "yes, I can definitely relate to that"?
2. Are you a prisoner of things that others have said about you, true or not, that have affected your life?
3. Philippians 4:8 tells us of what things to focus our minds on. Read this verse together and whenever strongholds appear in your life this week. Memorize the verse so it is always with you.