

All in the Mind (Change Your Thinking, Change Your Life) Part 3- Training Your Mind

ICE BREAKER QUESTIONS

1. What's something new you've learned about yourself in the last three months?
2. What do you think of when you hear the word "meditation"?

WORD

Philippians 4:8-9 (CEB)

8 From now on, brothers and sisters, if anything is excellent and if anything is admirable, focus your thoughts on these things: all that is true, all that is holy, all that is just, all that is pure, all that is lovely, and all that is worthy of praise. 9 Practice these things: whatever you learned, received, heard, or saw in us. The God of peace will be with you.

If you want to change your life, change the way you think. Our mind does a big role in changing our life.

Our brain is wired grounded with the lies of the enemy and it interferes with the word of truth that comes from God.

*"The value of a college education is not the learning of many facts but the training of the mind to think."

— **Albert Einstein**

*"Happiness can be achieved through training the mind."

— **Dalai Lama**

*"By disciplining and training the mind to focus on one thing, we gain control of perception,..." — **Frederick Lenz**

*“There is no limit to the power of the human mind. The more concentrated it is, the more power is brought to bear on one point.”
— Swami Vivekananda

*“Remember—you just need to change your thoughts to transform your life.”
— Debasish Mridha

Even the scholars in the world believed and highlighted how powerful the mind can be.

DISCUSSION

What do you think most distracts you from keeping your thoughts focused on the truth?

WORD

How can we train our mind?

1. Focus your mind - Focus on your goal (Changed life). Focus on your faith.

Philippians 1:6 (NIV)

“being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.”

To be focus is to fight a good fight, run and finish your race and keep your faith.

2 Timothy 4:7 (NIV)

“I have fought the good fight, I have finished the race, I have kept the faith.”

2. Fill up your mind

Psalms 119:15-16 (NASB95)

15 I will meditate on Your precepts And regard Your ways.

16 I shall delight in Your statutes; I shall not forget Your word.

The success of our changed life is through meditating his precepts, statutes, words, ordinances, testimonies or stories, commands and laws.

The secret of success of transforming or training our mind is meditating his words by filling up our mind with his words.

3. Practice your mind -put into action

Philippians 4:9 (CEB)

9 Practice these things: whatever you learned, received, heard, or saw in us. The God of peace will be with you

The mind that practice what he/she learned, received, heard or saw in the godly manner will be unshakable, firm, strong and eventually will change his/her world or life.

DISCUSSION

What do you think it would look like to actually do what Psalm 119:15-16 say?

LIFE APPLICATION

You are not a slave to your habits. You are not a prisoner to an addiction. You have been rescued from the power of darkness and brought into the kingdom of God`s light. Colossians 1:13

How do you change everything around you? **Write it. Think it. Confess it** until you believe it. **Replace** the lies with the truth.

VERSE TO MEDITATE ON

Psalms 119:15-16 (NASB95)

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16 I shall delight in Your statutes; I shall not forget Your word.*

PRAYER

Share your prayer request and answered prayer. Pray for one another and throughout this week.

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