

***It’s Me! I’m the Problem! – Part 1: Mind Control Matters 02.05.2023***

***Romans 8:5-6 NIV -*** *Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.*

*“If you realized how \_\_\_\_\_\_\_\_\_\_\_ your thoughts are, you would never think a \_\_\_\_\_\_\_\_\_ thought.” ~ Peace Pilgrim*

*\_\_\_\_\_\_\_\_\_\_\_ - God has not given us a spirit of fear, but of power and of love and of sound \_\_\_\_\_\_. ~****2 Timothy 1:7***

*\_\_\_\_\_\_\_\_\_\_\_ - What you are \_\_\_\_\_\_\_\_\_\_\_\_ becomes a \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ in your brain and body.*

*1) \_\_\_\_\_\_\_\_\_\_\_\_ Control Matters*

***Proverbs 4:23 NIV // Proverbs 4:23 ERV***

*We cannot control the \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of life but we can control our \_\_\_\_\_\_\_\_\_\_\_\_\_\_ to them.*

*Get it \_\_\_\_\_\_\_\_\_ - we have enormous \_\_\_\_\_\_\_\_\_\_\_\_ to reach peak health both mentally and physically.*

*Get it wrong – We are our own \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*

*2) I need \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

***Colossians 3:15 AMP***

*You are not a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_! You can control your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_! You do have a \_\_\_\_\_\_\_\_\_\_\_!*

*What we \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_ is based on what we have already built in to our \_\_\_\_\_\_\_\_\_\_.*

***Ecclesiates 7:29***

***Hebrews 11:1***

*We are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of our destiny alongside God.*

***Proverbs 23:7***

*God leads but we have to \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Him!!*

***PRAYER BECOMES AN UPHILL HABIT WHEN:***

*1. I make prayer my \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*

***Daniel 6:10 NIV*** *– Now when Daniel learned that the decree had been published, he went home to his upstairs room, where the windows opened toward Jerusalem. Three times a day, he got down on his knees and prayed, giving thanks to his God, just as he had done before.*

*A life without \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a life without \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*

***PRAYER BECOMES AN UPHILL HABIT WHEN:***

*2. I establish a* ***place*** *of prayer.*

***Mark 1:35 NIV*** *– Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.*

*In prayer, I get* ***nearer*** *to God and heaven, than I can when assisted by all the* ***telescopes*** *on earth.*

***PRAYER BECOMES AN UPHILL HABIT WHEN:***

*3. I determine my \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_for prayer.*

***Luke 11:1-2 NLT*** *– Once Jesus was in a certain place praying. As He finished, one of His disciples came to Him and said, “Lord, teach us to pray!” And Jesus said, “This is how you should pray…”*

* *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: the trigger that initiates the behavior*
* *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: the action you take*
* *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: the benefit I gain from the behavior*



*3) My \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ change my Brain*

***Romans 12:2***

*The way in which we \_\_\_\_\_\_\_\_\_\_\_(our thinking and choosing) becomes the signal that*

*activates or deactivates the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ in our lives!!*

***Ezekiel 18:19-20 MSG***

*What \_\_\_\_\_\_\_\_\_\_\_mind creates, only \_\_\_\_\_\_\_\_\_\_\_\_ mind can take away.*

***Philippians 4:8***

***If you don’t believe you have the power to \_\_\_\_\_\_\_\_\_\_\_\_\_\_ your thoughts and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ your choices – YOU ARE NOT GOING TO DO IT!***

*Toxic \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = Toxic \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = Toxic \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!*

*Positive \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = Positive \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = Healthy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!!*

***John 15:4-5***

*Paying \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to my thoughts and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_my mind on Christ leads to great \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*

***Extra Notes:***

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***DECIDE:*** *I will pray this prayer every day this week…..*

*I will not conform to the pattern of this world but I will be transformed by the renewing of my mind in Christ as I seek to control my choices and reactions to whatever life throws at me. I will focus on what the Spirit desires.*

***DEVELOP:*** *Worship // Read 1 Psalm & 1 Proverb every day // Ask God these 3 questions…*

* *God, do you know what I am facing today?*
* *God, will it be too much for you to handle?*
* *God, do you have a good plan for me today?*

***DEPLOY:*** *This week, ask a non-Christian friend the following questions…*

* *How can I be praying for you this week? (If nothing…then pray for favor and blessing.)*
* *Has God ever answered your prayers? (Tell how He answered yours!)*