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REVIEW

- We have a battle in our minds
- There is hope to rewire our brains
- Science shows us the Bible is true
- Identify your strongest thoughts
- Your life goes in the direction of your strongest thoughts
- Book - Winning The War In Your Mind
- You can't just get rid of negative thoughts, you must replace them.

REWIRE & REFRAME

Neuroplasticity: The capacity of neurons and neural networks in the brain to change their connections and behavior IN RESPONSE to new information, sensory stimulation, development, damage, or dysfunction.

2 Corinthians 10:3-5 (NIV) - For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 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.

- The term "stronghold" appears at least 50 times in the Bible. It is commonly referred to as a fortress with difficult access.

Romans 5:3-4 (ESV) - Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope...

2 Corinthians 4:16-18 (NIV) - Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

- This is a re-framed perspective
- It is a shift Paul made in his mind!
- We need to shift our focus
- Our minds aren't renewed in a day ...but in the day by day

THANKFULNESS

- "Atomic Habits" - Habit stacking
 - What is something you do every day already?
 - What practice are you going to create to establish a focus of thankfulness?
 - When you shift your focus, it will lead to a meaningful change in your future.
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