



Title: Beautiful Mind

Text: "For as he thinketh in his heart, so is he" Proverbs 23:7 (KJV)

Target: When you change the way you look at things, the things you look at change. (Unknown)

I. The _____ of _____: "Do not be conformed to this world, but be transformed by the **renewal of your mind**, that by testing you may discern what is the will of God, what is good and acceptable and perfect." (Romans 12:2)

- A. Foundation of Belief:** Ideology or set of principles that help us to interpret our everyday reality.
- B. Formation of Belief:** These are shaped by the following - Experiences, Encounters, Environments, Education. (Neuro Pathway Development)
- C. Filters of Belief:** Cognitive Bias becomes the filter for processing information quickly via our preferences and experiences. (Subjective not objective)
- D. Formation of Belief:** "good and acceptable and perfect" (Romans 12:2)
 1. God's character is good!
 2. God's ways are right!
 3. God's provision is sufficient!

II. The _____ of _____: "**For God gave** us a spirit not of fear, but of power and love and self control." (2 Timothy 1:7)

- A. Provision of Emotions:** Come from the Brain not the Heart by God.
 1. **Amygdala:** Prepares the body for action with a release of adrenaline for Fight, Flight, Freeze.
 2. **Hippocampus:** Learning and Memory function that moves short-term memory to long-term.
 3. **Prefrontal Cortex:** Regulates our thoughts, actions and emotions connecting to past experiences.
- B. Purpose of Emotions:** (Motivate to Act, Avoid Danger, Make Decisions, Understand others Better, Understand yourself better)
- C. Pervasiveness of Emotions:** Without proper boundaries, emotions will control you instead of you controlling them.
- D. Protection against Emotions:** "Take every thought captive to obey Christ" (2 Cor. 10:5)

III. The _____ of _____: "**But be doers of the word, and not hearers only, deceiving yourselves**" (James 1:22)

- A. Reject the Lies:** The values you hold inform the vision in which you see yourself.
- B. Break the Tendency Loops:** Coping and default mechanisms must end and **develop healthy habits.**
- C. Attitude is Everything:** Your perspective is to be more than positive, it's believing all things are possible with God.

Takeaway: If you are willing to change your thinking, you can change your feelings. If you change your feelings, you can change your actions. And changing your actions - based on good thinking - can change your life. (Maxwell)

Believing what God believes about you

WHY NOT YOU?

FEAR NOT GOD IS WITH YOU! Isai 41:1

I AM LOVED John 3:16

UPCOMING SPECIAL EVENTS:

CBC NORTHSIDE WORSHIP NIGHT | JUNE 30

If you plan on making CBC Northside your home campus or you plan on being a part of the launch team, this night is for you. Join us for a night of worship at Smithson Valley High School at 6:00 PM.

WELCOME HOME | JULY 8 AT 5:30PM

Welcome Home is a great way to find out more about CBC and how to get connected to our family! It is held monthly and has an opportunity for membership at the end of the class. We serve dinner from 5:30pm - 6:15pm, then begin our time with our Pastors from 6:15pm to 8:00pm. Join us for Welcome Home and learn how you can take your next best step! Please register at communitybible.com/welcomehome.

FAMILY DEDICATION CLASS | JULY 13 AT 5:00PM

Family Dedication Class is an opportunity to come alongside moms and dads who are wishing to publicly affirm that they will lead their children with the Word of God while committing to each other as husband and wife. We consider this partnership as a privilege! This class you are registering for will serve as preparation for our next Family Dedication Ceremony taking place at a future date. More details regarding the ceremony will be discussed in the class which begins at 5:00 pm!

VACATION BIBLE SCHOOL | JULY 15 - 18

HEY KIDS! Join us this summer, for CBC's Vacation Bible School. Our Central Campus VBS is July 15th-18th! Each day, from 9 am to noon, kids will enjoy high-energy games, crafts, worship, and a Bible lesson. VBS is designed for Elementary Kids who have just completed kindergarten through 5th grade. Middle School students, High School students, and adults can also serve in an abundance of ways. If mom or dad are on-campus volunteering, we even have a Preschool VBS for birth to Pre-K. We encourage the entire family to come be a part of this amazing event! Please register on the CBC website.

LOVE SA | JULY 27 - AUG 3

Love San Antonio is a week-long series of serve opportunities, allowing community groups, families, and individuals to be good news to the people and places of the city we call home. There are nearly 200 opportunities to choose from, including a variety of Family-Friendly options. There's something for everyone! Registration opens to the public on July 6th and limited spaces are available!

SUMMER AT CBC

There's so much happening this summer for Students, College+, and Young Adults! Be sure to check out our website to stay in the know!

For more information & to register for CBC events, visit communitybible.com/events

NEW BELIEVERS & FIRST TIME GUESTS:

If you have accepted Jesus as your Savior, we'd like to celebrate with you! Text 'CHRIST' to 210-762-4747. If you are visiting for the first time, we want to welcome you! Stop by any yellow Connects kiosks for a free gift or text 'GUEST' to 210-762-4747 so we can reach out to you at a later time.

NEEDING PRAYER?

We have a pastoral team at our CBC Cares area in the lobby ready to pray with you, or you can scan this QR code to fill out a prayer request form.

@cbcsocial   

PRAYER REQUEST FORM 

GIVE THROUGH CBC 