

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 Power of Belief:** "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. Faith & 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 Presence of Emotions:** "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 Pattern of Behavior:** "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)