

Runaway Thoughts

It's easy to worry and become full of anxiety, stress, and fear. The problem is that...

Our Thoughts Will Determine Our Actions Which Will Direct Our Lives.

Carefully guard your thoughts because they are the source of true life. Proverbs 4:23 (CEV)

Change Your Thinking, Change Your Life

- _____ This is the part of the brain that drives our "fight or flight" responses. It's often associated with our body's fear and stress responses. This is the God given part of our brain that's wired for survival.
- _____: The is the logical part of the brain. It reasons, plans, and helps us control the sudden fear and stress caused by the Amygdala.

Let Your Hearts be Troubled

John 14:1 Do not let your hearts be troubled. You believe in God; believe also in me.

Don't Be _____ Philippians 4:6-7

Prayer is the _____ to God's Supernatural _____.

Neuroplasticity— the brains ability to change, modify, and adapt throughout life.

Neurotheology—Also known Spiritual Neuroscience which studies the relationship between one's brain and one's belief in God. What happens to a human brain when we pray? Prayer changes our brain!

"It has been found that 12 minutes of daily focused prayer over an 8-week period can change the brain to such an extent that it can be measured on a brain scan." - Dr. Caroline Leaf author of Switch On Your Brain!

- **What is worry? Worry is the _____ of _____ the promises and power God?**

What God is teaching us is that instead of letting our sinful nature control our mind, we need to choose to let the Holy Spirit direct our thinking. Romans 8:5-6 (NLT)

Bold Next Step: Get a literal God box and when you worry put it in the God box, trust God, and move on in life. If you wake up in the middle of the night worrying, you will have to get out of bed, get it out of the box and say, "God, I don't trust you with this." 1 Peter 5:7 Cast all your anxiety on him because he cares for you.

- **Do what I _____ do.**
- **Give God what I _____ do.**
- **Trust _____ no matter _____.**

Peace is Possible. And it's also a Choice!

Life App Group and Family Devotional Application

1. What are some of the root causes for worry and stress in your life?
2. Describe a recent circumstance that really stressed you out. How does Philippians 4:6-9 change the way you'll respond next time?
3. What are some specific habits you want to form in order to replace worry with trust in God and His truth?
4. Review and share what you have learned about letting Jesus Master Your Mind.
5. Who will you invite to SE7EN beginning September 12th?

Answers: Amygdala – Prefrontal – Cortex / Do – Not / Anxious / Pathway – Peace / sin – distrusting / can – can't – God - what