

To The Core

Part 2: Take Control

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Slide Notes

Take Control

- **2 Cor 10:4-5** For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down imaginations and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ

The Choice

- **Phil 2:5** Have this mind in you which was in Christ
- **Col 3:2** set your minds on things above
- **Phil 4:6-9** Think on these things...
- **Is it:**

true	beautiful	noble
admirable	right	excellent
pure	praiseworthy	

Beliefs

- **Mindful Meditation**
- **Keep your mind from wandering**
- **The parietal lobe goes dark – place of “sense of self”**
- **So...if I meditate on the Word of God I will stop thinking about myself**
- **Ps 37:31** The law of his God is in his heart; his feet do not slip

Perceived Reality

- **Perceive**
 - 1. To become aware of directly through any of the senses, especially sight or hearing.
 - 2. the process of attaining awareness or understanding of sensory information.
- **Reality**

- 1. The quality or state of being actual or true.
- 2. the state of things as they actually exist
- 3. The totality of all things possessing actuality, existence, or essence.
- 4. That which exists objectively and in fact

Perceived Reality

- The concept of our "perceived reality" is that reality is simply what each of us as individuals, as well as collectively in our cultural environment, perceives it to be.
It's not real, except for our perception of it, which is always changing.

Perceived Reality

- On Relationship:
 - It's not what I'm doing, it's what you think I'm doing.
- The 1st B-Day Present
- Get Out of bed little rose bud! Yank!!

Perceived Reality

- Pv 23:7 For as he thinks in his heart, so is he
- You are what you are currently aware of – your perceived reality
- Does your perceived reality match His?

The Cycle

- If you don't like an area of your life – change your beliefs
- A = the event that happens to you – good or bad
- B = what you think about the event that happens to you
- C = the feelings that result from what you think of the event
- Your heart interprets the experience by the information it has stored within it

The Cycle

- The interpretation produces your feelings about the experience, and your feelings produce your resulting actions
- B = the invisible step that you are unaware of – but it is the most powerful because it determines our reaction – *not the original event itself*
- Our reactions are not caused by what happens to us; they are caused by our beliefs

The Cycle

- Snakes in the yard
- Paul & the snake Acts 28
- Ps 26:2-3 Test me, O Lord, and try me, examine my heart and my mind; for your love is ever before me, and I walk continually in your truth

To The Core

- When new beliefs become the controlling principles in your life, then no person, no circumstance, no amount of mistreatment can touch you at the center of your being, which is where true quality of life resides
- What experiences formed your beliefs? Especially about yourself
 - “Does not play well w/ other”
 - “Professional but not social”

Rogue Beliefs

- Interview w actress on radio – actors fall in love all the time because the roles they play – they act like they are in love and then something happens, the heart follows
- Reaction: Anger => Thought...you turned that on just for me to hear
- Do You Believe...?
- Rom 5:3-5 And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope; and hope does not disappoint, because the love of God has been poured out within our hearts through the Holy Spirit who was given to us.

What Do You Believe?

- Studies: Gratefulness = good health
- With every thought healthy chemicals are released
- Opposite true – every negative, critical, worrying thought floods body with harmful chemicals
- Affects emotional and physical health

What Do You Believe?

- Exchange anger, resentment & stress from trials for love & joy
- Difficulties/trials can produce character traits that conform us to the image of Christ
- How many just change on their own?
- How many were *compelled* to change?
- Trouble can be best change agent

What Do You Believe?

- Trials are just exercise equipment in God's gymnasium
- Think differently, then they are character-strengthening exercises
- Paul thought that about his life
- Phil 4:4 Rejoice in the Lord always...
 - Rejoice = return to the source of joy
- 1 Thes 5:16-18 Give thanks *in all* circumstances, this is Gods will...

What Do You Believe?

- If trials hit you with an unprepared heart, wrong beliefs about them, you will not see them as blessings
- Other wise you'll be burdened, discouraged, mad
- Truth: trials will come, trials are meant to strengthen you, trials chisel away the unnecessary to reveal His image

What Beliefs?

- Jn 8:32 You shall know the truth and the truth (*that you know*) will set you free
- What you hide within your heart will come to your mind and either calm you or upset you
- Ps 119:11 I have hidden your word in my heart that I might not sin against you

ANTs

- Traumatic events lodge in the limbic
- Size of walnut, center of brain
- Controls relational bonding & mood
- This part "heats up" w/ memories

- “Heat” brings: gloom, complaining, blaming, pessimism, decreased motivation, floods of negative emotions
- W/ the right kind of thinking = cool

ANTs

- Remember the row boat?
- Replays bring the “heat”
- Look at past – feel regret
- Look at future – feel anxiety
- Presently – dissatisfied
- Automatic Negative Thoughts

ANTs

- Stomp em out!
- Realize it’s not the event that’s keeping you down (it’s past, over & gone)
- ANTs don’t always tell the Truth
- Get positive people in your life
- Kill the ANTs with new positive thoughts
- These thoughts come from the Word of God that is alive & powerful & sharp

ANTs

- To deal w/ trauma rethink the results of the event, find the treasure
- Rm 5:3-5 tells you how to think in order to reframe the terrible thing that brought the “heat”
- When we thank Him in the midst of the trial He pours love into our hearts
 - Perceived Reality vs.
 - God’s Actuality

Whose Report?

- Depends on what you perceive “Bad” to be
- I Pt 1:13 gird your minds for action
- Josh & Caleb
- Numbers 13 & 14
- Joshua 1 & 14

Whose Report?

- Num 13:27-29 Thus they told him, and said, "We went in to the land where you sent us; and it certainly does flow with milk and honey, and this is its fruit. "Nevertheless, the people who live in the land are strong, and the cities are fortified and very large; and moreover, we saw the descendants of Anak there.

Whose Report?

- Num 13:30-32 Then Caleb quieted the people before Moses and said, "We should by all means go up and take possession of it, for we will surely overcome it." But the men who had gone up with him said, " We are not able to go up against the people, for they are too strong for us." So they gave out to the sons of Israel a bad report...

Whose Report?

- **Good Report - speaks of the Promise**
 - 13:30 We shall surely overcome it
 - 14:8 He will bring us into the land
 - 14:9 They shall be our prey (bread)
 - 14:9 Their protection has been removed
 - 14:9 The Lord is with us
 - 14:9 Do not fear them
- **Bad Report - speaks of the circumstances**
 - 13:31 We are not able
 - 13:31 They are too strong
 - 13:32 A land that devours itself
 - 13:33 Saw...became like grasshoppers
- 2 Kng 6:16 => Do not fear, for those who are with us are more than those who are with them." Elisha prayed, " O LORD, I pray, open his eyes that he may see." And the LORD opened the servant's eyes and he saw; and behold, the mountain was full of horses and chariots of fire all around

Whose Report?

- Num 13:33 "There also we saw the Nephilim...and we became like grasshoppers in our own sight, and so we were in their sight."
- Num 14:8 If the LORD is pleased with us, then He will bring us into this land and give it to us — a land which flows with milk

and honey.

- Hebrews 11:6 Because I come to God in faith and solid trust in Him, He is pleased with me. I passionately believe in my heart that He exists, is real and that He is rewarding me because I crave Him diligently day and night.

Whose Report?

- Num 14:15-16 Now if You slay this people as one man, then the nations who have heard of Your fame will say, 'Because the LORD could not bring this people into the land which He promised them by oath, therefore He slaughtered them in the wilderness.'

Whose Report?

- Num 14:17-19 "But now, I pray, let the power of the Lord be great, just as You have declared, The LORD is slow to anger and abundant in lovingkindness, forgiving iniquity and transgression; but He will by no means clear the guilty, visiting the iniquity of the fathers on the children to the third and the fourth generations.' Pardon, I pray, the iniquity of this people according to the greatness of Your lovingkindness, just as You also have forgiven this people, from Egypt even until now."

Whose Report?

- Num 14:24 "But My servant Caleb, because he has had a different spirit and has followed Me fully, I will bring into the land which he entered, and his descendants shall take possession of it.
- Num 14:28 "Say to them, ' As I live,' says the LORD, 'just as you have spoken in My hearing, so I will surely do to you;

Whose Report?

- Num 14:39-43 In the morning...they rose up early and went up to the ridge of the hill country, saying, " Here we are; we have indeed sinned, but we will go up to the place which the LORD has promised." But Moses said, " Why then are you transgressing the commandment of the LORD, when it will not succeed? " Do not go up, or you will be struck down before your enemies, for the LORD is not among you...and you will fall by

the sword, inasmuch as you have turned back from following the LORD. And the LORD will not be with you."

Whose Report?

- **Josh 1:5-7 "No man will be able to stand before you all the days of your life. Just as I have been with Moses, I will be with you; I will not fail you or forsake you. "Be strong and courageous, for you shall give this people possession of the land which I swore to their fathers to give them. "Only be strong and very courageous; be careful to do according to all the law which Moses My servant commanded you; do not turn from it to the right or to the left, so that you may have success wherever you go.**

Whose Report?

- **Josh 1:8-9 This book of the law shall not depart from your mouth, but you shall meditate (think about; chew on; ponder) on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success. Have I not commanded you? Be strong and courageous! Do not tremble or be dismayed, for the LORD your God is with you wherever you go.**

Whose Report?

- **Josh 14:6-8 ...and Caleb...said to him, "You know the word which the LORD spoke to Moses the man of God concerning you and me in Kadesh-barnea. "I was forty years old when Moses the servant of the LORD sent me from Kadesh-barnea to spy out the land, and I brought word back to him as it was in my heart. "Nevertheless my brethren who went up with me made the heart of the people melt with fear; but I followed the LORD my God fully.**

Whose Report?

- **Josh 14:10-12 "Now behold, the LORD has let me live, just as He spoke, these forty-five years, from the time that the LORD spoke this word to Moses...and now behold, I am eighty-five years old today. "I am still as strong today as I was in the day Moses sent**

me; as my strength was then, so my strength is now, for war and for going out and coming in. "Now then, give me this mountain (hill country) about which the LORD spoke on that day... if so be the LORD will be with me...I will drive them out as the LORD has spoken."

Whose Report?

- **What made J & C successful?**
 - **Josh 1:8 This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success.**
 - **Num 14:24 But my servant Caleb, because he had another spirit with him, and hath followed me fully, him will I bring into the land where into he went; and his seed shall possess it.**