

Renewing the mind...

BEFORE YOU ACT OUT...What are you thinking, WHAT ARE YOU FEELING?
is there a pattern?

If your soul is wounded, it is engrained in your thoughts, actions, behaviors, habits

Anger is secondary and springs from FEAR.

Repeating stupid behavior? triggers?

Emotional wounds that drive our way of thinking / 2 destructive types:

1. things people do to us
2. things people take from us (childhood, love, security)

WOUNDS are an indicator of where we need healing.

Rom 8...neither things present or things to come can separate us.

what about things in the past?

Ask what are the 10 worst things that have happened in your life?

it's about 5,6,7 we finally get to the deep hurts.

Go back to the childhood feelings that still have a hold and identify it.

when I was a child, I thought as a child... some are stuck.

2 Cor 10 - contrast the truth and the LIE.

Carnal thinking

Biblical thinking

look out for me

Look out for and serve others

I'm wounded

I'm healed

I'm a victim

I lead others to overcome

Insecure

Secure, Confident in Christ

Pride in my abilities

Humble recognition of Gods gifts

I will never have enough

God supplies, provides for all my needs

I will never be good enough

I have the righteousness of God

Taker

Giver

Personality driven (appearances)

Character driven (internal)

mans approval, people pleaser

seeking God's approval

unhealthy comparisons to others

Easily honor others success

Contrast what "I say" I believe and the knowledge of what "I know" is TRUTH.

believe = accept (something) as true; feel sure of the truth of. hold on to(something) as an opinion; think or suppose

know = be aware of through observation, inquiry, or information. have developed a relationship with (someone) through meeting and spending time with them; be familiar or friendly with.

I say I believe that (John 3:16) God loves me

I know (*because of my experience, or what I've been told*) that I am unlovely.

We are on a pilgrimage to get information from **our mind to our heart.**