

Break Out!

Part III; January 24, 2010

“It’s All In Your Head!”

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think about such things**. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

– Philippians 4:4-9 (NIV)

Why our thinking is so important:

How we think directly feeds how we _____!

How we think provides the fuel for our _____!

Our thinking will either attract or repel _____!

How we think will be the biggest factor in our _____!

How we think is a _____ discipline!

Jesus replied: " 'Love the Lord your God with all your heart and with all your soul and with **ALL YOUR MIND**.' ”

– Matthew 22:37 (NIV)

Getting Our Heads Straight:

_____ the way you think
by what you read, watch and dwell on.

“Therefore, holy brothers, who share in the heavenly calling, **fix your thoughts on Jesus**, the apostle and high priest whom we confess.” – Hebrews 3:1 (NIV)

“Your eye is a lamp that provides light for your body. **When your eye is good, your whole body is filled with light. But when it is bad, your body is filled with darkness**. – Luke 11:34 (NLT)

**You don’t always have control over what visits your mind,
but you do have control over what LIVES there!**

Bring your thinking into line with your _____!

“Give all your worries and cares to God, for he cares about you.”
– 1Peter 5:7 (NLT)

"Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. **Nothing is too hard for you**.” – Jeremiah 32:17 (NIV)

**Guard your mind against those who shape it,
both _____!**

²⁰Then Jesus entered a house, and again a crowd gathered, so that he and his disciples were not even able to eat. ²¹**When his family heard about this, they went to take charge of him, for they said, "He is out of his mind."** – Mark 3:20-21 (NIV)